

La Jolla Half Marathon Training Schedule - Plan C (training starts at 8 miles)

Saturday Meeting	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1/27/18	30 min	40 min	cross train	40 min	off	8 miles	cross train
2/3/18	30 min	40 min	cross train	40 min	off	9 miles	cross train
2/10/18	30 min	45 min	cross train	45 min	off	10 miles	cross train
2/17/18	35 min	45 min	cross train	45 min	off	9 miles	cross train
2/24/18	35 min	50 min	cross train	50 min	off	10 miles	cross train
3/3/18	35 min	50 min	cross train	50 min	off	9 miles	cross train
3/10/18	40 min	50 min	cross train	50 min	off	10 miles	cross train
3/17/18	40 min	55 min	cross train	55 min	off	11 miles	cross train
3/24/18	40 min	55 min	cross train	55 min	off	9 miles	cross train
3/31/18	45 min	55 min	cross train	55 min	off	11 miles	cross train
4/7/18	45 min	60 min	cross train	60 min	off	12 miles	cross train
4/14/18	45 min	60 min	cross train	60 min	off	8 miles	cross train
4/21/18	45 min	40 min easy	cross train	30 min	20 min easy walk	off	Race Day