

2017-2018 IMF Half Marathon Training Schedule

Week	Start date	Sat	Sun	Mon	Tues	Wed	Thurs	Fri
1	7/15/17	1 mile	cross train	20 min easy	20 min easy	cross train	20 min easy	off
2	7/22/17	2 miles	cross train	20 min easy	20 min easy	cross train	25 min easy	off
3	7/29/17	2 miles	cross train	20 min easy	25 min easy	cross train	25 min easy	off
4	8/5/17	3 miles	cross train	25 min easy	25 min easy	cross train	25 min easy	off
5	8/12/17	3 miles	cross train	25 min easy	25 min easy	cross train	30 min easy	off
6	8/19/17	4 miles	cross train	25 min easy	25 min easy	cross train	30 min hills	off
7	8/26/17	4 miles	cross train	25 min easy	30 min easy	cross train	30 min hills	off
8	9/2/17	5 miles	cross train	30 min easy	30 min easy	cross train	30 min hills	off
9	9/9/17	5 miles	cross train	30 min easy	30 min easy	cross train	35 min hills	off
10	9/16/17	6 miles	cross train	30 min easy	30 min easy or 4 - 30/30's	cross train	35 min hills	off
11	9/23/17	6 miles	cross train	30 min easy	35 min easy or 6 - 30/30's	cross train	35 min hills	off
12	9/30/17	7 miles	cross train	30 min easy	35 min easy or 8 - 30/30's	cross train	40 min hills	off
13	10/7/17	7 miles	cross train	30 min easy	40 min easy or 10 - 30/30's	cross train	40 min hills	off
14	10/14/17	8 miles	cross train	30 min easy	40 min easy	cross train	45 min easy	off
15	10/21/17	8 miles	cross train	30 min easy	45 min hills or 4 - 60/60's	cross train	45 min - tempo A	off
16	10/28/17	9 miles	cross train	30 min easy	45 min hills or 6 - 60/60's	cross train	50 min - tempo A	off
17	11/4/17	10 miles	cross train	30 min easy	50 min easy	cross train	50 min easy	off
18	11/11/17	8 miles	cross train	35 min easy	50 min hills or 8 - 60/60's	cross train	50 min - tempo B	off
19	11/18/17	10 miles	cross train	35 min easy	50 min easy	cross train	50 min easy	off
20	11/25/17	8 miles	cross train	35 min easy	55 min hills or 3 - 3:00/3:00's	cross train	50 min - tempo B	off
21	12/2/17	11 miles	cross train	35 min easy	55 min easy	cross train	50 min easy	off
22	12/9/17	8 miles	cross train	35 min easy	55 min hills or 4 - 3:00/3:00's	cross train	55 min - tempo C	off
23	12/16/17	12 miles	cross train	35 min easy	55 min easy	cross train	55 min easy	off
24	12/23/17	8 miles	cross train	35 min easy	55 min hills or 5 - 3:00/3:00's	cross train	60 min - tempo C @ goal pace	off
25	12/30/17	10 miles	cross train	35 min easy	60 min hills	cross train	60 min - tempo C @ goal pace	off
26	1/6/18	6 miles	cross train	35 min easy	40 min easy	cross train	30 min easy	20 min easy walk
27	1/13/18	off	Carlsbad Half					