

## 2018-2019 IMF Half Marathon Training Schedule

Week #	Starting date	Sat	Sun	Mon	Tues	Wed	Thurs	Fri
5	9/15/18	3 miles	cross train	25 min easy	25 min easy	cross train	25 min easy	off
6	9/22/18	4 miles	cross train	25 min easy	25 min easy	cross train	25 min easy	off
7	9/29/18	4 miles	cross train	25 min easy	30 min easy	cross train	30 min easy	off
8	10/6/18	5 miles	cross train	25 min easy	30 min easy	cross train	30 min hills	off
9	10/13/18	5 miles	cross train	30 min easy	35 min easy	cross train	35 min hills	off
10	10/20/18	6 miles	cross train	30 min easy	35 min easy or 4 - 30/30's	cross train	35 min hills	off
11	10/27/18	6 miles	cross train	30 min easy	40 min easy or 6 - 30/30's	cross train	40 min hills	off
12	11/3/18	7 miles	cross train	30 min easy	40 min easy or 8 - 30/30's	cross train	40 min hills	off
13	11/10/18	8 miles	cross train	35 min easy	40 min easy or 4 - 60/60's	cross train	40 min hills	off
14	11/17/18	8 miles	cross train	35 min easy	45 min easy or 6 - 60/60's	cross train	45 min hills	off
15	11/24/18	9 miles	cross train	35 min easy	45 min easy or 8 - 60/60's	cross train	45 min hills	off
16	12/1/18	10 miles	cross train	35 min easy	50 min easy	cross train	50 min hills	off
17	12/8/18	8 miles	cross train	35 min easy	50 min easy or 3 - 3:00/3:00's	cross train	50 min hills	off
18	12/15/18	11 miles	cross train	40 min easy	55 min easy	cross train	55 min hills	off
19	12/22/18	8 miles	cross train	40 min easy	55 min easy or 4 - 3:00/3:00's	cross train	55 min hills	off
20	12/29/18	12 miles	cross train	40 min easy	60 min easy	cross train	60 min hills	off
21	1/5/18	10 miles	cross train	40 min easy	60 min easy or 5 - 3:00/3:00's	cross train	60 min hills	off
22	1/12/18	8 miles	cross train	35 min easy	40 min easy	cross train	30 min easy	20 min easy walk
23	1/19/18	off	Carlsbad Half!					