



2018 HALF MARATHON SPRING TRAINING PROGRAM

Week	Date	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*
1	11/26-12/2	CROSS	REST	3	3	3	REST	3 Kickoff Run
2	12/3-12/9	CROSS	REST	3	3	3	REST	4
3	12/10-12/16	CROSS	REST	3	3	3	REST	5
4	12/17-12/23	CROSS	REST	3	3	3	REST	3 Donut 5k
5	12/24-12/30	CROSS	REST	3	4	3	REST	6
6	12/31-1/6	CROSS	REST	3	4	4	REST	5
7	1/7-1/13	CROSS	REST	3	4	4	REST	7
8	1/14-1/20	CROSS	REST	3	5	5	REST	8
9	1/21-1/27	CROSS	REST	3	4	5	REST Winter Party	6
10	1/28-2/3	CROSS	REST	3	5	3	REST	7
11	2/4-2/10	CROSS	REST	3	4	4	REST	6
12	2/11-2/17	CROSS	REST	3	5	4	REST	8
13	2/18-2/24	CROSS	REST	4	5	4	REST	9
14	2/25-3/3	CROSS	REST	4	6	5	REST	10
15	3/4-3/10	CROSS	REST	4	5	4	REST	8 Carmel Half Marathon Preview!
16	3/11-3/17	CROSS	REST	4	6	4	REST	11
17	3/18-3/24	CROSS	REST	4	6	4	REST	6 Sam Costa
18	3/25-3/31	CROSS	REST	4	4	Walk 2	REST	Carmel Half Marathon

*Official Saturday morning CRC training runs start at the Monon Community Center