



2019 HALF MARATHON SPRING TRAINING PROGRAM

Week	Date	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*
1	11/25-12/1	CROSS	REST	3	3	3	REST	3 Kickoff Run
2	12/2-12/8	CROSS	REST	3	3	3	REST	4
3	12/9-12/15	CROSS	REST	3	3	3	REST	5
4	12/16-12/22	CROSS	REST	3	3	3	REST	3 Donut 5k
5	12/23-12/29	CROSS	REST	3	4	3	REST	6
6	12/30-1/5	CROSS	REST	3	4	4	REST	5
7	1/6-1/12	CROSS	REST	3	4	4	REST	7
8	1/13-1/19	CROSS	REST	3	5	5	REST	8
9	1/20-1/26	CROSS	REST	3	4	5	REST	6 Winter Party
10	1/27-2/2	CROSS	REST	3	5	3	REST	7
11	2/3-2/9	CROSS	REST	3	4	4	REST	6
12	2/10-2/16	CROSS	REST	3	5	4	REST	8
13	2/17-2/23	CROSS	REST	4	5	4	REST	9
14	2/24-3/2	CROSS	REST	4	6	5	REST	10
15	3/3-3/9	CROSS	REST	4	5	4	REST	8 Carmel Half Marathon Preview!
16	3/10-3/16	CROSS	REST	4	6	4	REST	11
17	3/17-3/23	CROSS	REST	4	6	4	REST	6 Sam Costa
18	3/24-3/30	CROSS	REST	4	4	Walk 2	REST	Carmel Half Marathon

*Official Saturday morning CRC training runs start at the Carmel City Center near United Fidelity Bank