



## 2019 HALF MARATHON FALL TRAINING PROGRAM

Week	Date	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*
1	7/7 - 7/13	CROSS	REST	3	3	3	REST	3 Kickoff Run
2	7/14 - 7/20	CROSS	REST	3	3	3	REST	4
3	7/21 - 7/27	CROSS	REST	3	3	3	REST	5
4	7/28 - 8/3	CROSS	REST	3	3	3	REST	3
5	8/4 - 8/10	CROSS	REST	3	4	3	REST	6
6	8/11 - 8/17	CROSS	REST	3	4	4	REST	5
7	8/18 - 8/24	CROSS	REST	3	4	4	REST	7
8	8/25 - 8/31	CROSS	REST	3	5	5	REST	8
9	9/1 - 9/7	CROSS	REST	3	4	5	REST	6
10	9/8 - 9/14	CROSS	REST	3	5	3	REST	7
11	9/15 - 9/21	CROSS	REST	3	4	4	REST	6
12	9/22 - 9/28	CROSS	REST	3	5	4	REST	8
13	9/29 - 10/5	CROSS	REST	4	5	4	REST	9
14	10/6 - 10/12	CROSS	REST	4	6	5	REST	7
15	10/13 - 10/19	CROSS	REST	4	6	4	REST	11
16	10/20 - 10/26	CROSS	REST	4	6	4	REST	8
17	10/27 - 11/2	CROSS	REST	4	4	4	REST	6
18	11/3 - 11/9	CROSS	REST	3	3	REST	REST	Monumental Half Marathon

\* Check the Run Calendar for locations and times of official Wed and Sat club runs

<http://www.carmelrunners.net/carmel-runners-club-calendar/>

**WWW.CARMELRUNNERS.COM**