



2022 HALF MARATHON FALL TRAINING PROGRAM

Week	Date	Sunday	Monday	Tuesday	Wednesday*	Thursday	Friday	Saturday*
1	7/3 - 7/9	REST	3	Cross Train	3	3	REST	3 Kickoff Run
2	7/10 - 7/16	REST	3	Cross Train	3	3	REST	4
3	7/17 - 7/23	REST	3	Cross Train	3	3	REST	5
4	7/24 - 7/30	REST	3	Cross Train	4	3	REST	4
5	7/31 - 8/6	REST	3	Cross Train	5	3	REST	6
6	8/7 - 8/13	REST	3	Cross Train	4	4	REST	5
7	8/14 - 8/20	REST	3	Cross Train	4	4	REST	7
8	8/21 - 8/27	REST	3	Cross Train	5	5	REST	8
9	8/28 - 9/3	REST	3	Cross Train	4	3	REST	6
10	9/4 - 9/10	REST	3	Cross Train	5	3	REST	7
11	9/11 - 9/17	REST	3	Cross Train	4	4	REST	6
12	9/18 - 9/24	REST	3	Cross Train	5	4	REST	8
13	9/25 - 10/1	REST	4	Cross Train	5	4	REST	9
14	10/2 - 10/8	REST	4	Cross Train	6	5	REST	7
15	10/9 - 10/15	REST	4	Cross Train	6	4	REST	11
16	10/16 - 10/22	REST	4	Cross Train	6	4	REST	8
17	10/23 - 10/29	REST	4	Cross Train	4	4	REST	6
18	10/30 - 11/5	REST	3	Cross Train	3 Spooky Run	REST	REST	Monumental Half

* 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.NET