



## 2024 HALF MARATHON SPRING TRAINING PROGRAM

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

\* 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**

