



# 2024 HALF MARATHON FALL TRAINING PROGRAM

Week	Date	Sunday	Monday	Tuesday	Wednesday*	Thursday	Friday	Saturday*
0	7/6							<b>3 Kickoff!</b>
1	7/7 - 7/13	REST	3	Cross Train	3	3	REST	<b>3</b>
2	7/14 - 7/20	REST	3	Cross Train	3	3	REST	<b>4</b>
3	7/21 - 7/27	REST	3	Cross Train	3	3	REST	<b>5</b>
4	7/28 - 8/3	REST	3	Cross Train	4	3	REST	<b>4</b>
5	8/4 - 8/10	REST	3	Cross Train	5	3	REST	<b>6</b>
6	8/11 - 8/17	REST	3	Cross Train	4	4	REST	<b>5</b>
7	8/18 - 8/24	REST	3	Cross Train	4	4	REST	<b>7</b>
8	8/25 - 8/31	REST	3	Cross Train	5	5	REST	<b>8</b>
9	9/1 - 9/7	REST	3	Cross Train	4	3	REST	<b>6</b>
10	9/8 - 9/14	REST	3	Cross Train	5	3	REST	<b>7</b>
11	9/15 - 9/21	REST	3	Cross Train	4	4	REST	<b>6</b>
12	9/22 - 9/28	REST	3	Cross Train	5	4	REST	<b>8</b>
13	9/29 - 10/5	REST	4	Cross Train	5	4	REST	<b>9</b>
14	10/6 - 10/12	REST	4	Cross Train	6	5	REST	<b>7</b>
15	10/13 - 10/19	REST	4	Cross Train	6	4	REST	<b>11</b>
16	10/20 - 10/26	REST	4	Cross Train	6	4	REST	<b>8</b>
17	10/27 - 11/2	REST	4	Cross Train	4	4	REST	<b>6</b>
18	11/3 - 11/9	REST	3	Cross Train	<b>3</b>	REST	REST	<b>Monumental Half</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**