

# 2020

CALENDAR YEAR

# FEBRUARY

CALENDAR MONTH

MONDAY

FIRST DAY OF WEEK

## Intermediate/Advanced Half Marathon Training Plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27	28	29	30	31	01	02 7 mile run
03 Rest or Walk	04 4 miles STRIDES, and Cross Fit	05 4-6 mile run	06 4 miles HILLS, and Cross Fit	07 Bike 15 miles	08 4 mile run, and Cross Fit	09 9 mile run
10 Rest or Walk	11 4 miles FARTLEK, and Cross Fit	12 4-6 mile run	13 4 mile TEMPO run, and Cross Fit	14 Bike 15 miles	15 4 mile run, and Cross Fit	16 16 mile run
17 Rest or Walk	18 4 miles STRIDES, and Cross Fit	19 4-6 mile run	20 1/4 mile REPEATS--5 miles, and Cross Fit	21 Bike 15 miles	22 4 mile run, and Cross Fit	23 8 mile run
24 Rest or Walk	25 5 miles FARTLEK, and Cross Fit	26 4-6 mile run	27 5 mile TEMPO run, and Cross Fit	28 Bike 15 miles	29 4 mile run, and Cross Fit	01
02	03	04	05	06	07	08

# 2020

CALENDAR YEAR

# MARCH

CALENDAR MONTH

MONDAY

FIRST DAY OF WEEK

## Intermediate/Advanced Half Marathon Training Plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
24	25	26	27	28	29	01 9 miles
02 Rest or Walk	03 4 miles STRIDES, and Cross Fit	04 4-6 mile run	05 5 miles HILLS, and Cross Fit	06 Bike 15 miles	07 4 mile run, and Cross Fit	08 10 mile run
09 Rest or Walk	10 5 miles FARTLEK, and Cross Fit	11 4-6 mile run	12 5 miles TEMPO, and Cross Fit	13 Bike 15 miles	14 4 mile run, and Cross Fit	15 7 mile run
16 Rest or Walk	17 4 miles STRIDES, and Cross Fit	18 4-6 mile run	19 1/2 mile REPEATS, and Cross Fit	20 Bike 15 miles	21 4 mile run, and Cross Fit	22 10 mile run
23 Rest or Walk	24 5 miles FARTLEK, and Cross Fit	25 4-6 mile run	26 5 mile TEMPO, and Cross Fit	27 Bike 15 miles	28 4 mile run, and Cross Fit	29 11 mile run
30 Rest or Walk	31 4 miles STRIDES, and Cross Fit	01	02	03	04	05

# 2020

CALENDAR YEAR

# APRIL

CALENDAR MONTH

MONDAY

FIRST DAY OF WEEK

## Intermediate/Advanced Half Marathon Training Plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31	01 4-6 miles	02 5 miles HILLS, and Cross Fit	03 Bike 15 miles	04 4 mile run, and Cross Fit	05 8 mile run
06 Rest or Walk	07 5 miles FARTLEK, and Cross Fit	08 4-6 miles	09 5 mile TEMPO, and Cross Fit	10 Bike 15 miles	11 4 mile run, and Cross Fit	12 9 mile run
13 Rest or Walk	14 4 miles STRIDES, and Cross Fit	15 4-6 miles	16 3/4 REPEATS, 5 miles, and Cross Fit	17 Bike 15 miles	18 4 mile run, and Cross Fit	19 11 miles
20 Rest or Walk	21 5 miles FARTLEK, and Cross Fit	22 4-6 miles	23 5 miles TEMPO, and Cross Fit	24 Bike 15 miles	25 4 mile run, and Cross Fit	26 10 miles
27 Rest or Walk	28 4 miles STRIDES, and Cross Fit	29 4-6 miles	30 5 miles HILLS, and Cross Fit	01	02	03
04	05	06	07	08	09	10

# 2020

CALENDAR YEAR

# MAY

CALENDAR MONTH

MONDAY

FIRST DAY OF WEEK

## Intermediate/Advanced Half Marathon Training Plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27	28	29	30	01 Bike 15 miles	02 4 mile run, and Cross Fit	03 11 mile run
04 Rest or Walk	05 5 miles FARTLEK, and Cross Fit	06 4-6 mile run	07 5 miles TEMPO, and Cross Fit	08 Bike 15 miles	09 4 mile run, and Cross Fit	10 10 mile run
11 Rest or Walk	12 3 miles STRIDES, and Cross Fit	13 4-6 mile run	14 4 mile run, and Cross Fit	15 Bike 15 miles	16 4 mile run	17 8 mile run
18 Rest or Walk	19 3 mile run	20 4 mile run	21 3 mile run	22 Rest	23 DASH Around Kampeska Half Marathon!	24
25	26	27	28	29	30	31
01	02	03	04	05	06	07