

Great Race Half Marathon								
Week#	Date	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Dec 26	3 (b) 8 (a)	Trail/Run/Walk	Cross-train 45-60 min	20-30 min	Cross-train	20-30 min	Rest day
2	Jan 2	4 (b) 9(a)	Trail/Run/Walk	Cross-train 45-60 min	20-30 min	Cross-train	20-30 min	Rest day
3	Jan 9	5 (b) 10 (a)	Trail/Run/Walk	Cross-train 45-60 min	20-30 min	Cross-train	20-30 min	Rest day
4	Jan 16	6 (b) 12 (a)	Trail/Run/Walk	Cross-train 45-60 min	20-30 min	Cross-train	20-30 min	Rest day
5	Jan 23	7 (b) 10 (a)	Trail/Run/Walk	Cross-train 45-60 min	20-30 min	Cross-train	20-30 min	Rest day
6	Jan 30	8 (b) 13 (a)	Trail/Run/Walk	Cross-train 45-60 min	20-30 min	Cross-train	20-30 min	Rest day
7	Feb 6	9 (b) 12 (a)	Trail/Run/Walk	Cross-train 45-60 min	30-40 min	Cross-train	30-40 min	Rest day
8	Feb 13	10 (b) 10 (a)	Trail/Run/Walk	Cross-train 45-60 min (a) Track	30-40 min	Cross-train	30-40 min	Rest day
9	Feb 20	11 (b) 12 (a)	Trail/Run/Walk	Cross-train 45-60 min (a) Track	30-40 min	Cross-train	30-40 min	Rest day
10	Feb 27	10 (b) 10 (a)	Trail/Run/Walk	Cross-train 45-60 min (a) Track	30-40 min	Cross-train	30-40 min	Rest day
11	Mar 5	12 (b) 8 (a)	Trail/Run/Walk	Cross-train 45-60 min (a) Track	30-40 min	Cross-train	30-40 min	Rest day
12	Mar 12	6 (b) 6 (a)	Trail/Run/Walk	Cross-train 30min	30-40 min	Cross-train	30-40 min	Rest day

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RACE DAY! Sunday, March 19, 2016

Beginner 0-3 Previous Half Marathon (b)
Advanced 4+ Previous Half Marathon (a)