

## 2015 WACO STRIDER'S MARATHON AND HALF MARATHON TRAINING SCHEDULE

Week of:	Saturday*	Sunday	Monday*	Tuesday	Wednesday*	Thursday	Friday
June 13, 2015	6/3 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
June 20, 2015	7/4 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
June 27, 2015	8/4 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
July 4, 2015	6/3 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
July 11, 2015	10/5 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
July 18, 2015	12/6 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
July 25, 2015 (TriWaco 7/26)	6/3 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
August 1, 2015	14/7 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
August 8, 2015	10/5 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
August 15, 2015	16/8 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
August 22, 2015	8/4 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
August 29, 2015	18/9 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
September 5, 2015	10/5 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
September 12, 2015	10/5 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
September 19, 2015 (Down n' Dirty Trail Run)	8/4 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
September 26, 2015	20/10 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
October 3, 2015 (LIVESTRONG)	10/5 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
October 10, 2015 (Skittles Bike Ride)	8/4 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
October 17, 2015	23/12 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
October 24, 2015	10/5 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
October 31, 2015 (Chupacabra Trail Run)	8/4 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
November 7, 2015 (Ft. Worth 11/8)	26/13 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
November 14, 2015	14/7 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
November 21, 2015 (Chosen Marathon)	6/3 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
November 28, 2015	8/4 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
December 5, 2015	12/6 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
December 12, 2015 (BCS Marathon 12/13)	8/4 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
December 19, 2015	10/5 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
December 26, 2015	6/3 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest

**X-train days can be:**

Weights, Aerobic class, Swimming, Biking, Yoga, etc...

