

2016 WACO STRIDER'S MARATHON AND HALF MARATHON TRAINING SCHEDULE

Week of:	Saturday*	Sunday	Monday*	Tuesday	Wednesday*	Thursday	Friday
August 13, 2016	6/3 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
August 20, 2016	7/4 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
August 27, 2016	8/4 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
September 3, 2016	9/5 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
September 10, 2016	10/5 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
September 17, 2016 (Down n' Dirty Trail Run)	11/5.5 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
September 24, 2016	12.5/6 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
October 1, 2016 (Livestrong)	14/7 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
October 8, 2016 (Skittles Bike Ride)	9/4 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
October 15, 2016	16/8 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
October 22, 2016	8/4 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
October 29, 2016 (Chupacabra Trail Run)	10/5 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
November 5, 2016 (Leatherneck)	18/9 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
November 12, 2016 (Fort Worth)	12/6 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
November 19, 2016 (Chosen Marathon)	8/4 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
November 26, 2016	20/10 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
December 3, 2016 (SA Rock n' Roll)	8/4 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
December 10, 2016 (BCS/Dallas Marathons)	12/6 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
December 17, 2016	23/13 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
December 24, 2016	6/3 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
December 31, 2016	8/4 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
January 7, 2017	14/7 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
January 14, 2017	8/4 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
January 21, 2017 (Miracle Match)	26/13 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...