

2017 WACO STRIDER'S BADA\$\$ TEXAS HALF MARATHON TRAINING SCHEDULE

Week of:	Saturday*	Sunday	Monday*	Tuesday	Wednesday*	Thursday	Friday
June 3, 2017	4 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
June 10, 2017	5 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
June 17, 2017	6 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
June 24, 2017	7 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
July 1, 2017	8 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
July 8, 2017	9 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
July 15, 2017	11 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
July 22, 2015	12 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
July 29, 2015	6 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
August 6, 2017 (BADA\$\$ Texas Race)	13.1 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...

* Waco Strider Group runs