

Weeks till Chevron Full	Weeks till Cypress half	Date	Monday	Tuesday
26	17	7/18 - 7/24	30 min. or Cross train	30 min. plus strides
25	16	7/25 - 7/31	30 min. or Cross train	30 min. plus strides
24	15	8/1 - 8/7	30 min. or Cross train	45 min. plus strides
23	14	8/8 - 8/14	30 min. or Cross train	45 min. plus strides
22	13	8/15 - 8/21	30 min. or Cross train	45 min. plus strides
21	12	8/22 - 8/28	30 min. or Cross train	45 min. plus strides
				10 min WU 10 x (1 min fast + 1 min CP)
20	11	8/29 - 9/4	45 min. or Cross train	10 min CD
				10 min WU 12 x (1 min fast + 1 min CD)
19	10	9/5 - 9/11	45 min. or Cross train	10 min CD
				10 min WU 3 min fast + 1 min CP 5 min fast + 1 min CP 3 min fast + 1 min CP
18	9	9/12 - 9/18	45 min. or Cross train	10 min CD
				10 min WU 3 min fast + 1 min CP 4 min fast + 1 min CP 5 min fast + 1 min CP
17	8	9/19 - 9/25	60 min. or Cross train	10 min CD
				10 min WU 5 min fast + 1 min CP 4 min fast + 1 min CP 3 min fast + 1 min CP
16	7	9/26 - 10/2	60 min. or Cross train	10 min CD
				10 min WU 2 min fast + 1 min CP 3 min fast + 1 min CP 4 min fast + 1 min CP 5 min fast + 1 min CP
15	6	10/3 - 10/9	60 min. or Cross train	10 min CD
				1 mile WU 6 x 440 +2 min RI
14	5	10/10 - 10/16	60 min. or Cross train	1 mile CD
				1 mile WU 3 x 880 +2 min RI
13	4	10/17 - 10/23	60 min. or Cross train	1 mile CD

12	3	10/24 - 10/30	60 min. or Cross train	1 mile WU 3 x 1320 + 2 min RI 1 mile CD
11	2	10/31 - 11/6	60 min. or Cross train	1 mile WU 2 x 1 mile + 2 min RI 1 mile CD
10	1	11/7 - 11/13	60 min. or Cross train	1 mile WU 1 x 440 +2 min RI 1 x 880 +2 min RI 1 x 1320 +2 min RI 1 x mile +2 min RI 1 mile CD
9		11/14 - 11/20	60 min. or Cross train	1 mile WU 1 x mile +2 min RI 1 x 1320 +2 min RI 1 x 880 +2 min RI 1 x 440 +2 min RI 1 mile CD
8		11/21 - 11/27	60 min. or Cross train	1 mile WU 8 x 440 +2 min RI 1 mile CD
7		11/28 - 12/4	75 min. or Cross train	1 mile WU 6 x 880 +2 min RI 1 mile CD
6		12/5 - 12/11	75 min. or Cross train	1 mile WU 4 x 1320 + 2 min RI 1 mile CD
5		12/12 - 12/18	60 min. or Cross train	1 mile WU 3 x 1 mile + 2 min RI 1 mile CD
4		12/19 - 12/25	60 min. or Cross train	1 mile WU 1 x 440 +2 min RI 1 x 880 +2 min RI 1 x 1320 +2 min RI 1 x mile +2 min RI 1 x 1320 +2 min RI 1 x 880 +2 min RI 1 x 440 +2 min RI 1 mile CD

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12/26 - 1/1	60 min. or Cross train	45 min. plus strides
1/2 - 1/8	45 min. or Cross train	45 min. plus strides
1/9 - 1/15	30 min. or Cross train	45 min. plus strides

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Wednesday	Thursday	Friday	Long Run Full Marathon
30 min. or Cross train	30 min.	30 min. or Cross train	6 miles
30 min. or Cross train	30 min.	30 min. or Cross train	7 miles
30 min. or Cross train	30 min.	30 min. or Cross train	6 miles
30 min. or Cross train	30 min.	30 min. or Cross train	7 miles
30 min. or Cross train	30 min.	30 min. or Cross train	8 miles
30 min. or Cross train	30 min.	30 min. or Cross train	6 miles
45 min. or Cross train	30 min. plus strides	45 min. or Cross train	7 miles
45 min. or Cross train	30 min. plus strides	45 min. or Cross train	8 miles
45 min. or Cross train	30 min. plus strides	45 min. or Cross train	10 miles
60 min. or Cross train	45 min. plus strides	60 min. or Cross train	7 miles
60 min. or Cross train	45 min. plus strides	60 min. or Cross train	9 miles
60 min. or Cross train	45 min. plus strides	60 min. or Cross train	10 miles
60 min. or Cross train	45 min. plus strides	60 min. or Cross train	12 miles
60 min. or Cross train	45 min. plus strides	60 min. or Cross train	14 miles

60 min. or Cross train	1 mile WU 2x2 miles @ TP + 2 min RI 1 mile CD	60 min. or Cross train	12 miles
60 min. or Cross train	1 mile WU 1 miles @ TP + 2 min RI 3 miles @ TP + 2 min RI 1 mile CD	60 min. or Cross train	12 miles
60 min. or Cross train	1 mile WU 1 miles @ TP + 2 min RI 4 miles @ TP + 2 min RI 1 mile CD	60 min. or Cross train	18 miles
60 min. or Cross train	1 mile WU 5 miles @ TP + 2 min RI 1 mile CD	60 min. or Cross train	15 miles
60 min. or Cross train	6 miles @ MP	60 min. or Cross train	20 miles
75 min. or Cross train	8 miles @ MP	75 min. or Cross train	14 miles
75 min. or Cross train	1 mile WU 3x2 miles @ TP + 2 min RI 1 mile CD	75 min. or Cross train	16 miles
60 min. or Cross train	1 mile WU 3 miles @ TP + 2 min RI 2 miles @ TP + 2 min RI 1 miles @ TP + 2 min RI 1 mile CD	60 min. or Cross train	20 miles
60 min. or Cross train	1 mile WU 1 miles @ TP + 2 min RI 2 miles @ TP + 2 min RI 3 miles @ TP + 2 min RI 1 mile CD	60 min. or Cross train	16 miles

60 min. or Cross train	1 mile WU 6 miles @ TP + 2 min RI 1 mile CD	60 min. or Cross train	12 miles
45 min. or Cross train	1 mile WU 2x2 miles @ TP + 2 min RI 1 mile CD	45 min. or Cross train	8 miles
30 min. or Cross train	3 miles @ MP	30 min. or Cross train	Rest Tomorrow is Race Day!

Long Run Half Marathon
6 miles
7 miles
6 miles
7 miles
8 miles
6 miles
7 miles
8 miles
10 miles
7 miles
9 miles
10 miles
12 miles
14 miles

12 miles

8 miles

13.1
