



## Carlsbad Half-Marathon 16 week training

Choose to train on Monday, Wednesday, Thursday, Saturday  
Just complete the distance indicated. Some days you will feel great and it will be easy! Some days you may struggle a bit. Just tell yourself you will complete the distance no matter how long it takes you.

| days     | Monday     | Wednesday  | Thursday   | Saturday         | Total weekly miles |
|----------|------------|------------|------------|------------------|--------------------|
| distance | short      | mid        | short      | long             |                    |
| week 1   | 10/4/2010  | 10/6/2010  | 10/7/2010  | 10/9/2010        |                    |
| miles    | 1          | 2          | 1          | 2                | 6                  |
| week 2   | 10/11/2010 | 10/13/2010 | 10/14/2010 | 10/16/2010       |                    |
| miles    | 1          | 2          | 1          | 3                | 7                  |
| week 3   | 10/18/2010 | 10/20/2010 | 10/21/2010 | 10/23/2010       |                    |
| miles    | 1          | 3          | 1          | 4                | 9                  |
| week 4   | 10/25/2010 | 10/27/2010 | 10/28/2010 | 10/30/2010       |                    |
| miles    | 2          | 3          | 2          | 4                | 11                 |
| week 5   | 11/1/2010  | 11/3/2010  | 11/4/2010  | 11/6/2010        |                    |
| miles    | 2          | 4          | 2          | 5                | 13                 |
| week 6   | 11/8/2010  | 11/10/2010 | 11/11/2010 | 11/13/2010       |                    |
| miles    | 2          | 4          | 2          | 6                | 14                 |
| week 7   | 11/15/2010 | 11/17/2010 | 11/18/2010 | 11/20/2010       |                    |
| miles    | 3          | 4          | 3          | 6                | 16                 |
| week 8   | 11/22/2010 | 11/24/2010 | 11/25/2010 | 11/27/2010       |                    |
| miles    | 3          | 4          | 3          | 7                | 17                 |
| week 9   | 11/29/2010 | 12/1/2010  | 12/2/2010  | 12/4/2010        |                    |
| miles    | 3          | 5          | 3          | 8                | 19                 |
| week 10  | 12/6/2010  | 12/8/2010  | 12/9/2010  | 12/11/2010       |                    |
| miles    | 4          | 5          | 4          | 8                | 21                 |
| week 11  | 12/13/2010 | 12/15/2010 | 12/16/2010 | 12/18/2010       |                    |
| miles    | 4          | 6          | 4          | 9                | 23                 |
| week 12  | 12/20/2010 | 12/22/2010 | 12/23/2010 | 12/25/2010       |                    |
| miles    | 5          | 6          | 5          | 10               | 26                 |
| week 13  | 12/27/2010 | 12/29/2010 | 12/30/2010 | 1/1/2011         |                    |
| miles    | 5          | 7          | 5          | 11               | 28                 |
| week 14  | 1/3/2011   | 1/5/2011   | 1/6/2011   | 1/8/2011         |                    |
| miles    | 4          | 6          | 4          | 9                | 23                 |
| week 15  | 1/10/2011  | 1/12/2011  | 1/13/2011  | 1/15/2011        |                    |
| miles    | 4          | 5          | 4          | 8                | 21                 |
| week 16  | 1/17/2011  | 1/19/2011  | 1/20/2011  | Sunday 1/23/2011 |                    |
| miles    | 3          | 6          | 2          | RACE DAY!        |                    |



## Carlsbad Half-Marathon 16 week training

Choose to train on Tuesday, Thursday, Friday, Sunday  
Just complete the distance indicated. Some days you will feel great and it will be easy! Some days you may struggle a bit. Just tell yourself you will complete the distance no matter how long it takes you.

| days     | Tuesday    | Thursday   | Friday     | Sunday           | Total weekly |
|----------|------------|------------|------------|------------------|--------------|
| distance | short      | mid        | short      | long             | miles        |
| week 1   | 10/5/2010  | 10/7/2010  | 10/8/2010  | 10/10/2010       |              |
| miles    | 1          | 2          | 1          | 2                | 6            |
| week 2   | 10/12/2010 | 10/14/2010 | 10/15/2010 | 10/17/2010       |              |
| miles    | 1          | 2          | 1          | 3                | 7            |
| week 3   | 10/19/2010 | 10/21/2010 | 10/22/2010 | 10/24/2010       |              |
| miles    | 1          | 3          | 1          | 4                | 9            |
| week 4   | 10/26/2010 | 10/28/2010 | 10/29/2010 | 10/31/2010       |              |
| miles    | 2          | 3          | 2          | 4                | 11           |
| week 5   | 11/2/2010  | 11/4/2010  | 11/5/2010  | 11/7/2010        |              |
| miles    | 2          | 4          | 2          | 5                | 13           |
| week 6   | 11/9/2010  | 11/11/2010 | 11/12/2010 | 11/14/2010       |              |
| miles    | 2          | 4          | 2          | 6                | 14           |
| week 7   | 11/16/2010 | 11/18/2010 | 11/19/2010 | 11/21/2010       |              |
| miles    | 3          | 4          | 3          | 6                | 16           |
| week 8   | 11/23/2010 | 11/25/2010 | 11/26/2010 | 11/28/2010       |              |
| miles    | 3          | 4          | 3          | 7                | 17           |
| week 9   | 11/30/2010 | 12/2/2010  | 12/3/2010  | 12/5/2010        |              |
| miles    | 3          | 5          | 3          | 8                | 19           |
| week 10  | 12/7/2010  | 12/9/2010  | 12/10/2010 | 12/12/2010       |              |
| miles    | 4          | 5          | 4          | 8                | 21           |
| week 11  | 12/14/2010 | 12/16/2010 | 12/17/2010 | 12/19/2010       |              |
| miles    | 4          | 6          | 4          | 9                | 23           |
| week 12  | 12/21/2010 | 12/23/2010 | 12/24/2010 | 12/26/2010       |              |
| miles    | 5          | 6          | 5          | 10               | 26           |
| week 13  | 12/28/2010 | 12/30/2010 | 12/31/2010 | 1/2/2011         |              |
| miles    | 5          | 7          | 5          | 11               | 28           |
| week 14  | 1/4/2011   | 1/6/2011   | 1/7/2011   | 1/9/2011         |              |
| miles    | 4          | 6          | 4          | 9                | 23           |
| week 15  | 1/11/2011  | 1/13/2011  | 1/14/2011  | 1/16/2011        |              |
| miles    | 4          | 5          | 4          | 8                | 21           |
| week 16  | 1/18/2011  | 1/20/2011  | 1/21/2011  | Sunday 1/23/2011 |              |
| miles    | 3          | 6          | 2          | RACE DAY!        |              |