

2024 Charity Half Marathon



| WK | MON | TUE | WED | THU | FRI | SAT | SUN |
|----|---------------------|--------------------------|----------------------|----------------------|------------------------------|--------------------------------------|-------------------|
| 1 | 10/2 30-45 min | 10/3 rest or x-train | 10/4 30 - 45 min | 10/5 30 - 45 min | 10/6 x-train 40 - 60 min | 10/7 3 - 4 miles | 10/8 rest |
| 2 | 10/9 30-45 min | 10/10 rest or x-train | 10/11 30 - 45 min | 10/12 30 - 45 min | 10/13 x-train 40 - 60 min | 10/14 3 - 4 miles | 10/15 rest |
| 3 | 10/16 30-45 min | 10/17 rest or x-train | 10/18 30 - 45 min | 10/19 30 - 45 min | 10/20 x-train 40 - 60 min | 10/21 3 - 4 miles | 10/22 LACC 5k |
| 4 | 10/23 30-45 min | 10/24 rest or x-train | 10/25 30 - 45 min | 10/26 30 - 45 min | 10/27 x-train 40 - 60 min | 10/28 3 - 5 miles | 10/29 rest |
| 5 | 10/30 30-45 min | 10/31 rest or x-train | 11/1 30 - 50 min | 11/2 30 - 45 min | 11/3 x-train 40 - 60 min | 11/4 4 - 6 miles | 11/5 rest |
| 6 | 11/6 30-45 min | 11/7 rest or x-train | 11/8 30 - 50 min | 11/9 30 - 45 min | 11/10 x-train 40 - 60 min | 11/11 3 - 5 miles | 11/12 rest |
| 7 | 11/13 30-45 min | 11/14 rest or x-train | 11/15 30 - 50 min | 11/16 30 - 45 min | 11/17 x-train 40 - 60 min | 11/18 5 - 7 miles | 11/19 rest |
| 8 | 11/20 30-45 min | 11/21 rest or x-train | 11/22 30 - 50 min | 11/23 30 - 45 min | 11/24 x-train 40 - 60 min | 11/25 Thanksgiving Wknd | 11/26 rest |
| 9 | 11/27 30-45 min | 11/28 rest or x-train | 11/29 30 - 50 min | 11/30 30 - 45 min | 12/1 x-train 40 - 60 min | 12/2 6 - 8 miles | 12/3 or combo |
| 10 | 12/4 30-45 min | 12/5 rest or x-train | 12/6 30 - 50 min | 12/7 30 - 45 min | 12/8 x-train 40 - 60 min | 12/9 4 - 6 miles | 12/10 rest |
| 11 | 12/11 30-45 min | 12/12 rest or x-train | 12/13 30 - 55 min | 12/14 30 - 45 min | 12/15 x-train 40 - 60 min | 12/16 7 - 9 miles | 12/17 or combo |
| 12 | 12/18 30-45 min | 12/19 rest or x-train | 12/20 30 - 55 min | 12/21 30 - 45 min | 12/22 x-train 40 - 60 min | 12/23 Xmas Wknd | 12/24 rest |
| 13 | 12/25 30-45 min | 12/26 rest or x-train | 12/27 30 - 55 min | 12/28 30 - 45 min | 12/29 x-train 40 - 60 min | 12/30 NY Wknd | 12/31 rest |
| 14 | 1/1 30-45 min | 1/2 rest or x-train | 1/3 30 - 55 min | 1/4 30 - 45 min | 1/5 x-train 40 - 60 min | 1/6 8 - 10 miles | 1/7 or combo |
| 15 | 1/8 30-45 min | 1/9 rest or x-train | 1/10 30 - 55 min | 1/11 30 - 45 min | 1/12 x-train 40 - 60 min | 1/13 5 - 7 miles | 1/14 rest |
| 16 | 1/15 30-45 min | 1/16 rest or x-train | 1/17 30 - 55 min | 1/18 30 - 45 min | 1/19 x-train 40 - 60 min | 1/20 9 - 11 miles | 1/21 RB HALF |
| 17 | 1/22 30-45 min | 1/23 rest or x-train | 1/24 30 - 60 min | 1/25 30 - 45 min | 1/26 x-train 40 - 60 min | 1/27 6 - 8 miles | 1/28 rest |
| 18 | 1/29 30-45 min | 1/30 rest or x-train | 1/31 30 - 60 min | 2/1 30 - 45 min | 2/2 x-train 40 - 60 min | 2/3 10 - 12 miles | 2/4 or combo |
| 19 | 2/5 30-45 min | 2/6 rest or x-train | 2/7 30 - 60 min | 2/8 30 - 45 min | 2/9 x-train 40 - 60 min | 2/10 6 - 8 miles | 2/11 rest |
| 20 | 2/12 30-45 min | 2/13 rest or x-train | 2/14 30 - 60 min | 2/15 30 - 45 min | 2/16 x-train 40 - 60 min | 2/17 6 - 8 miles | 2/18 rest |
| 21 | 2/19 30-45 min | 2/20 rest or x-train | 2/21 30 - 60 min | 2/22 30 - 45 min | 2/23 x-train 40 - 60 min | 2/24 10 - 13 miles | 2/25 or combo |
| 22 | 2/26 30-45 min | 2/27 rest or x-train | 2/28 30 - 45 min | 2/29 30 - 45 min | 3/1 x-train 40 - 60 min | 3/2 LAM/DS 1 st 6 Mile | 3/3 rest |
| 23 | 3/4 30-45 min | 3/5 rest or x-train | 3/6 30 - 45 min | 3/7 30 - 45 min | 3/8 x-train 40 - 60 min | 3/9 6 - 7 miles | 3/10 rest |
| 24 | 3/11 easy 30 min | 3/12 rest | 3/13 easy 30 min | 3/14 easy 25 min | 3/15 rest | 3/16 LA WKND | 3/17 MARATHON |

REST, X TRAIN OR EASY RUN DAY BEFORE & AFTER WEEKEND LONGER RUNS

For combo runs add 2-3 miles to total scheduled mileage / run 6 miles on Sunday. Example: long runs of 15 miles, go for 11-12 miles on Saturday and 6 miles on Sunday. So for scheduled run of 15 miles you will 17 - 18 miles over 2 back to back days.