

## Training Schedule

**Advanced Runner: 2011 Seattle Half Marathon Training Schedule**

Week	Dates	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b>	Aug.8-14	6 miles	45-60 min. cross-train	6 miles	Off	6 m iles	6-8 miles 8:00am <b>Green Lake</b>	Off
<b>2</b>	Aug.15-21	6 miles	45-60min. cross-train	6 miles	Off	4-6 miles	6-8 miles <b>Montlake Comm. Center + Kick-off Breakfast! 8:00 am</b>	Off
<b>3</b>	Aug.22-28	6 miles	60 min. cross-train	6 miles	Off	6 miles	8 miles <b>Juanita Bay Park/Kirkland 8:00am</b>	Off
<b>4</b>	Aug.29- Sept. 4	6 miles	60 min. cross-train	8 miles	Off	6 miles	8 miles <b>Seward Park 8:00am</b>	Off

**Advanced Walkers: 2011 Seattle Half Marathon Training Schedule**

Week	Dates	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b>	Aug. 8-14	4 miles	45-60 min. cross-train	4 miles	Off	4 miles	6 miles <b>Green Lake 8:00am</b>	Off
<b>2</b>	Aug.15-21	4 miles	45-60 min. cross-train	4 miles	Off	4 miles	6 miles <b>Montlake Comm. Center + Kick-off B.fast!! 8:00am</b>	Off
<b>3</b>	Aug.22-28	4 miles	45-60 min. cross-train	4 miles	Off	4 miles	6-8 miles <b>Juanita Bay Park/Kirkland 8:00 am</b>	Off
<b>4</b>	Aug. 29- Sept.4	4-6 miles	45-60 min. cross-train	4-6 miles	Off	4 miles	6 miles <b>Seward Park 8:00am</b>	Off

### Training Schedule

## Beginning Runner/\*\*Run-Walk: 2011 Seattle Half Marathon Training Schedule

Week	Dates	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b>	Aug.8-14	2-3miles	30 min. cross-train	2-3 miles	Off	2-3 miles	3 miles <b>Green Lake 8:00am</b>	Off
<b>2</b>	Aug.15-21	2-3 miles	30 min. cross-train	2-3 miles	Off	3 miles	4 miles <b>Montlake Comm. Center 8:00am Kick off Breakfast!</b>	Off
<b>3</b>	Aug.22-28	3 miles	30 min. cross-train	3 miles	Off	2-3 miles	3-4 miles <b>Juanita Bay Park/Kirkland 8:00am</b>	Off
<b>4</b>	Aug. 29- Sept 4	3 miles	30 min. cross-train	3 miles	Off	3 miles	5 miles, <b>Seward Park 8:00am</b>	Off

\*\*For run-walkers, start by alternating 1 minute running w/1 minute walking for the duration of your work-out. As the distances grow longer, experiment with different routines, ie, run 3 minutes/walk 2 minutes; run 8 minutes/walk 1 minute; run a mile, walk 1 minute...\*\*

## Beginning Walker: 2011 Seattle Half Marathon Training Schedule

Week	Dates	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b>	Aug.8-14	2-3 miles	30 min. cross- train	3 miles	Off	2-3 miles	3 miles <b>Green Lake 8:00am</b>	Off
<b>2</b>	Aug.15-21	2-3 miles	30 min. cross-train	2-3 miles	Off	3 miles	3 miles <b>Montlake Comm. Center + Kick-off B.fast!!! 8:00am</b>	Off
<b>3</b>	Aug.22-28	2-3 miles	30 min. cross-train	3 miles	Off	3 miles	3-4 miles <b>Juanita Bay Park/Kirkland 8:00am</b>	Off
<b>4</b>	Aug.29- Sept.4	3 miles	30 min. cross-train	3 miles	Off	3 miles	4 miles <b>Seward Park 8:00am</b>	Off

## Training Schedule

**Intermediate Runner: 2011 Seattle Half Marathon Training Schedule**

<b>Week</b>	<b>Dates</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>1</b>	Aug. 8-14	4 miles	30 min. cross-train	4 miles	Off	4 miles	4-6 miles <b>Green Lake</b> <b>8:00am</b>	Off
<b>2</b>	Aug. 15-21	4 miles	30 min. cross-train	4 miles	Off	3-4 miles	6 miles <b>Montlake Comm. Center +</b> <b>Kick-off B.fast!!</b> <b>8:00 am</b>	Off
<b>3</b>	Aug.22-28	4 miles	30-45 min. cross-train	4-6 miles	Off	4 miles	6 miles <b>Juanita Bay</b> <b>Park/Kirkland</b> <b>8:00am</b>	Off
<b>4</b>	Aug.29- Sept.4	4 miles	30-45 min. cross-train	4-6 miles	Off	4 miles	6-8 miles <b>Seward Park</b> <b>8:00am</b>	Off