

## 2019-2020 Gradual Training Schedule

	Long Run	Mid-distance or Tempo	Hill Run
9-Dec-19	6 miles	4 miles	4-5 mile hilly run
16-Dec-19	<i>Over the holiday season, take it easy. Cut back on your mileage. You can maintain fitness by running 2-3 times each week with each run being 30-60 minutes long.</i>		
23-Dec-19			
30-Dec-19			
6-Jan-20	6 miles	4 miles	5 mile hilly run
13-Jan-20	7 miles	4-6 miles	5 mile hilly run
20-Jan-20	7 miles	4-6 miles	5-6 mile hilly run
27-Jan-20	8 miles	4-6 miles	5-6 mile hilly run
3-Feb-20	8 miles	4-6 miles	5-6 mile hilly run
10-Feb-20	9 miles	4-6 miles	5-6 mile hilly run
17-Feb-20	4 miles	4 miles	4 mile hilly run
24-Feb-20	9 miles	4-6 miles	5-6 mile hilly run
2-Mar-20	10 miles	4-6 miles	5-6 mile hilly run
9-Mar-20	8 miles	4-6 miles	5-6 mile hilly run
16-Mar-20	11 miles	4-6 miles	5-6 mile hilly run
23-Mar-20	6 miles	4-6 miles	<b>Leave for race</b>

Boxes in yellow are ASL holiday periods

*This is mileage building time! If you are struggling to remain motivated or are dealing with aches/pains, consider doing less mileage on your mid-distance run. You could also do 5 miles of hills instead of 6 miles. The long run is the most important thing during this period. Notice the build of mileage then the periodic cutback weeks. Do this! It doesn't have to follow this schedule precisely, but don't continually build your mileage without giving your body some recovery weeks with less mileage.*

*On these last few long runs, fine-tune your fueling for the race. Most experienced runners take a gel or sports drink during a half-marathon. Whatever your fuel of choice, practice taking it before race-day to make sure you don't react badly to it. Make sure you run with anything you are going to wear or use during the race. Remember, nothing new on race day!*