



Running Group 2020

**Fall Half-Marathon Training Schedule**

Week	Monday	Tuesday	Wednesday	Thursday	Friday	*Saturday- Virtual Group Run	Sunday
1 (8/17-23)	3 mile run	3 mile run	Cross Train	3 mile run/rest	Cross Train	4 miles	Rest
2 (8/24-30)	3 mile run	3 mile run	Cross Train	3 mile run/rest	Cross Train	5 miles	Rest
3 (8/31-9/6)	3 mile run	4 mile run	Cross Train	3 mile run/Rest	Cross Train	6 miles	Rest
4 (9/7-13)	3 mile run	4 mile run	Cross Train	3 mile run/rest	Cross Train	7 miles	Rest
5 (9/14-20)	3 mile run	4 mile run	Cross Train	3 mile run/rest	Cross Train	8 miles	Rest
6 (9/21-27)	3 mile run	4 mile run	Cross Train	3 mile run/rest	Cross Train	*5k Virtual Race	Rest
7 (9/28-10/4)	3 mile run	5 mile run	Cross Train	3 mile run/rest	Cross Train	9 miles	Rest
8 (10/5-11)	3 mile run	5 mile run	Cross Train	3 mile run/rest	Cross Train	10 miles	Rest
9 (10/12-18)	3 mile run	5 mile run	Cross Train	3 mile run/rest	Cross Train	*10k Virtual Race	Rest
10 (10/19-25)	3 mile run	5 mile run	Cross Train	3 mile run/rest	Cross Train	11 miles	Rest
11 (10/26-11/1)	3 mile run	5 mile run	Cross Train	3 mile run/rest	Cross Train	12 miles	Rest
12 (11/2-8)	3 mile run	5 mile run	Cross Train	3 mile run/rest	Cross Train	5-6 miles	Rest
13 (11/9-15)	Easy Run/cross train/rest	Rest	<b>Half Marathon Virtual Race!</b>				

\*For our Virtual Group Runs- Pick your own route, use social media and running apps to share and encourage with pictures and words on Facebook Group:

<https://www.facebook.com/groups/RedefineFitnessRunningTeam/>