



Disney Wine and Dine Half Marathon 2015

16 Week Training Schedule - Advanced

(Goal: Lightning McQueen Finish for a Personal Record!)



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1: July 19 - July 15	Cross-Train	3	3 - Fartlek	Cross-Train	3	REST	5
Week 2: July 26 - Aug 1	Cross-Train	3	3 - Fartlek	Cross-Train	3	REST	5
Week 3: Aug 2- Aug 8	Cross-Train	3	4	Cross-Train	3	REST	6
Week 4: Aug 9 - Aug 15	Cross-Train	3	4 - Fartlek	Cross-Train	3	REST	7
Week 5: Aug 16 - Aug 22	Cross-Train	4	4 - Fartlek	Cross-Train	3	REST	8
Week 6: Aug 23 - Aug 29	Cross-Train	5	4	Cross-Train	4	REST	8
Week 7: Aug 30 - Sep5	Cross-Train	5	6 - Fartlek	Cross-Train	5	REST	10
Week 8: Sep 6 - Sep 12	Cross-Train	5	5 - Fartlek	Cross-Train	6	REST	12
Week 9: Sep 13 - Sep 19	Cross-Train	5	8	Cross-Train	6	REST	12
Week 10: Sep 20 - Sep26	Cross-Train	8	6 - Fartlek	Cross-Train	5	REST	12
Week 11: Sep 27 - Oct 3	Cross-Train	5	8	Cross-Train	5	REST	14
Week 12: Oct 4 - Oct 10	Cross-Train	5	4	Cross-Train	5	REST	12
Week 13: Oct 11 - Oct 17	Cross-Train	5	9	Cross-Train	6	REST	14
Week 14: Oct 18 - Oct 24	Cross-Train	5	8	Cross-Train	5	REST	10
Week 15: Oct 25 - Oct 31	Cross-Train	5	6	Cross-Train	4	REST	8
Week 16: RACE WEEK!	Cross-Train	4	7	REST	2	<i><u>RACE EXPO!</u></i>	<i><u>RACE DAY!!</u></i>

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