



# Cascade Run Club Labor Day Half Marathon 2018 Training Plan



Name: \_\_\_\_\_

Dates	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7/23 - 7/29	3 Miles Easy	OFF	4 Miles Easy	4 Miles Easy	OFF	6 Miles	OFF
7/30 - 8/5	3 Miles Easy	OFF	6 Miles Easy	4 Miles Easy	OFF	8 Miles	OFF
8/6 - 8/12	4 Miles Easy	OFF	6 Miles Easy	4 Miles Easy	OFF	10 Miles	OFF
8/13 - 8/19	4 Miles Easy	OFF	6 Miles Easy	4 Miles Easy	OFF	10-12 Miles	OFF
8/20 - 8/26	4 Miles Easy	OFF	4 Miles Easy	4 Miles Easy	OFF	8 Miles	OFF
8/27 - 9/2	4 Miles Easy	OFF	3 Miles Easy	4 Miles Easy	OFF	4 Miles	OFF
9/3 - 9/9	Race Day!						

Marathon (h:mm:ss)	3:30:00	3:40:00	3:50:00	4:00:00
Half Marathon (h:mm:ss)	1:45:00	1:50:00	1:55:00	2:00:00
Mile Pace	0:08:01	0:08:24	0:08:47	0:09:10
1	0:08:01	0:08:24	0:08:47	0:09:10
2	0:16:02	0:16:48	0:17:33	0:18:19
3	0:24:03	0:25:11	0:26:20	0:27:29
4	0:32:04	0:33:35	0:35:07	0:36:38
5	0:40:05	0:41:59	0:43:54	0:45:48
6	0:48:05	0:50:23	0:52:40	0:54:58
7	0:56:06	0:58:47	1:01:27	1:04:07
8	1:04:07	1:07:11	1:10:14	1:13:17
9	1:12:08	1:15:34	1:19:00	1:22:27
10	1:20:09	1:23:58	1:27:47	1:31:36
11	1:28:10	1:32:22	1:36:34	1:40:46
12	1:36:11	1:40:46	1:45:21	1:49:55
13	1:44:12	1:49:10	1:54:07	1:59:05
14	1:52:13	1:57:33	2:02:54	2:08:15
15	2:00:14	2:05:57	2:11:41	2:17:24
16	2:08:15	2:14:21	2:20:27	2:26:34
17	2:16:16	2:22:45	2:29:14	2:35:44
18	2:24:16	2:31:09	2:38:01	2:44:53
19	2:32:17	2:39:33	2:46:48	2:54:03
20	2:40:18	2:47:56	2:55:34	3:03:12
21	2:48:19	2:56:20	3:04:21	3:12:22
22	2:56:20	3:04:44	3:13:08	3:21:32
23	3:04:21	3:13:08	3:21:55	3:30:41
24	3:12:22	3:21:32	3:30:41	0:00:00
25	3:20:23	3:29:55	3:39:28	3:49:00
26	3:28:24	3:38:19	3:48:15	3:58:10
26.2	3:30:00	3:40:00	3:50:00	4:00:00