



## 2010 Fall Half-Marathon PROGRAM A

This program is specifically designed to help you run your first half-marathon and will prepare you to run The Run for the Grapes Half-Marathon

Week ending	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
July 4, 2010	Off	Run 40-60 min.	Run 30 min.	Speed Workout	Off	Run 60 min.	Off
July 11, 2010	Off	Run 50-70 min.	Run 30 min.	Hill Workout	Off	Run 65 min.	Off
July 18, 2010	Off	Run 60-80 min.	Run 30 min.	Speed Workout	Off	Run 70 min.	Off
July 25, 2010	Off	Run 40 min.	Run 30 min.	Run 40 min.	Off	Run 60 min.	Off
August 1, 2010	Off	Run 11K	Run 30 min.	Hill Workout	Off	Run 75 min.	Bike
August 8, 2010	Off	Run 12K	Run 30 min.	Speed Workout	Off	Run 80 min.	Off
August 15, 2010	Off	Run 13K	Run 30 min.	Hill Workout	Off	Run 90 min.	Bike
August 22, 2010	Off	Run 40 min.	Run 30 min.	Run 40 min.	Off	Run 60 min.	Bike
August 29, 2010	Off	Run 13K	Run 30 min.	Speed Workout	Off	Run 100 min.	Bike
September 5, 2010	Off	Run 13K	Run 30 min.	Hill Workout	Off	Run 110 min.	Bike
September 12, 2010	Off	Run 13K	Run 30 min.	Speed Workout	Off	Run 90 min.	Bike
September 19, 2010	Off	Run 40 min.	Run 30 min.	Run 30 min.	Off	Off	Race Day

## 2010 Fall Half-Marathon PROGRAM B

This program is specifically designed for runners who have already run a half-marathon and will prepare you to run The Run for the Grapes Half-Marathon

Week ending	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
July 4, 2010	Off	Run 40-60 min.	Run 30 min.	Speed Workout	Off	Run 10K	Bike
July 11, 2010	Off	Run 50-70 min.	Run 30 min.	Hill Workout	Off	Run 12K	Bike
July 18, 2010	Off	Run 60-80 min.	Run 30 min.	Speed Workout	Off	Run 14K	Bike
July 25, 2010	Off	Run 40 min.	Run 30 min.	Run 40 min.	Off	Run 60 min.	Bike
August 1, 2010	Off	Run 13K	Run 30 min.	Hill Workout	Off	Run 14K	Bike
August 8, 2010	Off	Run 13K	Run 30 min.	Speed Workout	Off	Run 16K	Bike
August 15, 2010	Off	Run 13K	Run 30 min.	Hill Workout	Off	Run 18K	Bike
August 22, 2010	Off	Run 40 min.	Run 30 min.	Run 40 min.	Off	Run 60 min.	Bike
August 29, 2010	Off	Run 13K	Run 30 min.	Speed Workout	Off	Run 20K	Bike
September 5, 2010	Off	Run 13K	Run 30 min.	Hill Workout	Off	Run 22K	Bike
September 12, 2010	Off	Run 13K	Run 30 min.	Speed Workout	Off	Run 15K	Bike
September 19, 2010	Off	Run 40 min.	Run 30 min.	Run 30 min.	Off	Off	Race Day