

# Virtual Training Table 2

18 Week Program Prerequisites: (Have completed 2 10K's within the past year and is currently active walk/run 3 hours a week)

26 Week Program Prerequisites: (Have completed 1 10K within the past year or is currently active walk/run 3 hours a week)

52 Week Program Prerequisites: (Has completed 1 5K's within the past year or currently active walk/run 3 hours a week)

Your weekly program will be determined by your COACH			<b>10K TO HALF MARATHON (BY TIME)</b> <b>Modesto Moves Virtual Training Program:</b> <b>18 Week - 26 Week - 52 Week</b> <b>Able to Run/Walk a Half Marathon</b>							
18 Week Program	26 Week Program	52 week Program	Sun	Mon	Tues	Wed	Thu	Fri	Sat	Total Weekly Time
1	1	1	1/2 hour easy walk or run.	Rest	1 hour medium speed walk or run	Core Workout - Cross Training	1/2 hour fast pace walk / run	Rest	1 hour very slow walk/run	3 hours
		2	1/2 hour easy walk or run.	Rest	1 hour medium speed walk or run	Core Workout - Cross Training	1/2 hour fast pace walk / run	Rest	1.5 hours very slow casual walk or run	3.5 hours
	2	3	1/2 hour easy walk or run.	1/2 hour fast walk or fast run	1 hour medium speed walk or run	Core Workout - Cross Training	1/2 hour fast pace walk / run	Rest	1.5 hours very slow casual walk or run	4 hours
2		4	1/2 hour easy walk or run.	1/2 hour fast walk or fast run	1 hour medium speed walk or run	Core Workout - Cross Training	1/2 hour fast pace walk / run	Rest	1.5 hours very slow casual walk or run	4 hours
	3	5	1/2 hour easy walk or run.	1/2 hour fast walk or fast run	1 hour medium speed walk or run	Core Workout - Cross Training	1/2 hour fast pace walk / run	Rest	1 hour and 45 min casual walk or run	4.25 hours
		6	1/2 hour easy walk or run.	1/2 hour fast walk or fast run	1 hour medium speed walk or run	Core Workout - Cross Training	1/2 hour fast pace walk / run	Rest	1 hour and 45 min casual walk or run	4.25 hours
3	4	7	1/2 hour easy walk or run.	1/2 hour fast walk or fast run	1 hour medium speed walk or run	Core Workout - Cross Training	1/2 hour fast pace walk / run	Rest	1 hour and 45 min casual walk or run	4.25 hours
		8	1/2 hour easy walk or run.	1/2 hour fast walk or fast run	1 hour medium speed walk or run	Core Workout - Cross Training	1/2 hour fast pace walk / run	Rest	1 hour and 45 min casual walk or run	4.25 hours
	5	9	1/2 hour easy walk or run.	1/2 hour fast walk or fast run	1 hour medium speed walk or run	Core Workout - Cross Training	1/2 hour fast pace walk / run	Rest	2 hours casual walk or run	4.5 hours
4		10	1/2 hour easy walk or run.	1/2 hour fast walk or fast run	1 hour medium speed walk or run	Core Workout - Cross Training	1/2 hour fast pace walk / run	Rest	2 hours casual walk or run	4.5 hours
	6	11	1/2 hour easy walk or run.	1/2 hour fast walk or fast run	1 hour medium speed walk or run	Core Workout - Cross Training	1/2 hour fast pace walk / run	Rest	2 hours casual walk or run	4.5 hours

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		12	1/2 hour easy walk or run.	1/2 hour fast walk or fast run	1 hour medium speed walk or run	Core Workout - Cross Training	1/2 hour fast pace walk / run	Rest	2 hours casual walk or run	4.5 hours
5	7	13	1/2 hour easy walk or run.	1/2 hour fast walk or fast run	1 hour medium speed walk or run	Core Workout - Cross Training	1/2 hour fast pace walk / run	Rest	2 hours and 15 minutes casual walk or run	4 hours and 45 minutes
		14	1/2 hour easy walk or run.	1/2 hour fast walk or fast run	1 hour medium speed walk or run	Core Workout - Cross Training	1/2 hour fast pace walk / run	Rest	2 hours and 15 minutes casual walk or run	4 hours and 45 minutes
	8	15	1/2 hour easy walk or run.	1/2 hour fast walk or fast run	1 hour medium speed walk or run	Core Workout - Cross Training	1/2 hour fast pace walk / run	Rest	2 hours and 15 minutes casual walk or run	4 hours and 45 minutes
6		16	1/2 hour easy walk or run.	1/2 hour fast walk or fast run	1 hour medium speed walk or run	Core Workout - Cross Training	1/2 hour fast pace walk / run	Rest	2 hours and 15 minutes casual walk or run	4 hours and 45 minutes
	9	17	1/2 hour easy walk or run.	1/2 hour fast walk or fast run	1 hour medium speed walk or run	Core Workout - Cross Training	1/2 hour fast pace walk / run	Rest	2 hours and 30 minutes casual walk or run	5 hours
		18	1/2 hour easy walk or run.	1/2 hour fast walk or fast run	1 hour medium speed walk or run	Core Workout - Cross Training	1/2 hour fast pace walk / run	Rest	2 hours and 30 minutes casual walk or run	5 hours
7	10	19	1/2 hour easy walk or run.	1/2 hour fast walk or fast run	1 hour medium speed walk or run	Core Workout - Cross Training	1/2 hour fast pace walk / run	Rest	2 hours and 30 minutes casual walk or run	5 hours
		20	1/2 hour easy walk or run.	1/2 hour fast walk or fast run	1 hour medium speed walk or run	Core Workout - Cross Training	1/2 hour fast pace walk / run	Rest	2 hours and 30 minutes casual walk or run	5 hours
	11	21	1/2 hour easy walk or run.	1/2 hour fast walk or fast run	1 hour medium speed walk or run	Core Workout - Cross Training	1/2 hour fast pace walk / run	Rest	2 hours and 45 minutes casual walk or run	5 hours and 15 minutes
8		22	1/2 hour easy walk or run.	1/2 hour fast walk or fast run	1 hour medium speed walk or run	Core Workout - Cross Training	1/2 hour fast pace walk / run	Rest	2 hours and 45 minutes casual walk or run	5 hours and 15 minutes
	12	23	1/2 hour easy walk or run.	1/2 hour fast walk or fast run	1 hour medium speed walk or run	Core Workout - Cross Training	1/2 hour fast pace walk / run	Rest	2 hours and 45 minutes casual walk or run	5 hours and 15 minutes
		24	1/2 hour easy walk or run.	1/2 hour fast walk or fast run	1 hour medium speed walk or run	Core Workout - Cross Training	1/2 hour fast pace walk / run	Rest	2 hours and 45 minutes casual walk or run	5 hours and 15 minutes
9	13	25	45 minutes easy walk or run	Rest	1 hour medium speed walk or run	Core Workout - Cross Training	1/2 hour fast pace walk / run	Rest	2 hours and 45 minutes casual walk or run	5 hours and 30 minutes

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		26	45 minutes easy walk or run	Rest	1 hour medium speed walk or run	Core Workout - Cross Training	1/2 hour fast pace walk / run	Rest	2 hours and 45 minutes casual walk or run	5 hours and 30 minutes
	14	27	45 minutes easy walk or run	Rest	1 hour medium speed walk or run	Core Workout - Cross Training	1/2 hour fast pace walk / run	Rest	2 hours and 45 minutes casual walk or run	5 hours and 30 minutes
10		28	45 minutes easy walk or run	Rest	1 hour medium speed walk or run	Core Workout - Cross Training	1/2 hour fast pace walk / run	Rest	2 hours and 45 minutes casual walk or run	5 hours and 30 minutes
	15	29	45 minutes easy walk or run	Rest	1 hour medium speed walk or run	Core Workout - Cross Training	1/2 hour fast pace walk / run	Rest	3 hours casual walk/run	5 hours and 45 minutes
		30	45 minutes easy walk or run	Rest	1 hour medium speed walk or run	Core Workout - Cross Training	1/2 hour fast pace walk / run	Rest	3 hours casual walk/run	5 hours and 45 minutes
11	16	31	45 minutes easy walk or run	Rest	1 hour medium speed walk or run	Core Workout - Cross Training	1/2 hour fast pace walk / run	Rest	3 hours casual walk/run	5 hours and 45 minutes
		32	45 minutes easy walk or run	Rest	1 hour medium speed walk or run	Core Workout - Cross Training	1/2 hour fast pace walk / run	Rest	3 hours casual walk/run	5 hours and 45 minutes
	17	33	45 minutes easy walk or run	Rest	1 hour medium speed walk or run	Core Workout - Cross Training	45 min fast pace walk/run	Rest	3 hours casual walk/run	6 hours
12		34	45 minutes easy walk or run	Rest	1 hour medium speed walk or run	Core Workout - Cross Training	45 min fast pace walk/run	Rest	3 hours casual walk/run	6 hours
	18	35	45 minutes easy walk or run	Rest	1 hour medium speed walk or run	Core Workout - Cross Training	45 min fast pace walk/run	Rest	3 hours casual walk/run	6 hours
		36	45 minutes easy walk or run	Rest	1 hour medium speed walk or run	Core Workout - Cross Training	45 min fast pace walk/run	Rest	3 hours casual walk/run	6 hours
13	19	37	45 minutes easy walk or run	Rest	1 hour medium speed walk or run	Core Workout - Cross Training	45 min fast pace walk/run	Rest	3 hours and 15 minutes walk/run	6 hours and 15 minutes
		38	45 minutes easy walk or run	Rest	1 hour medium speed walk or run	Core Workout - Cross Training	45 min fast pace walk/run	Rest	3 hours and 15 minutes walk/run	6 hours and 15 minutes
	20	39	45 minutes easy walk or run	Rest	1 hour medium speed walk or run	Core Workout - Cross Training	45 min fast pace walk/run	Rest	3 hours and 15 minutes walk/run	6 hours and 15 minutes
14		40	45 minutes easy walk or run	Rest	1 hour medium speed walk or run	Core Workout - Cross Training	45 min fast pace walk/run	Rest	3 hours and 15 minutes walk/run	6 hours and 15 minutes

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	21	41	45 minutes easy walk or run	Rest	1 hour medium speed walk or run	Core Workout - Cross Training	45 min fast pace walk/run	Rest	3 hours and 30 minutes walk/run	6 hours and 30 minutes
		42	45 minutes easy walk or run	Rest	1 hour medium speed walk or run	Core Workout - Cross Training	45 min fast pace walk/run	Rest	3 hours and 30 minutes walk/run	6 hours and 30 minutes
15	22	43	45 minutes easy walk or run	Rest	1 hour medium speed walk or run	Core Workout - Cross Training	45 min fast pace walk/run	Rest	3 hours and 30 minutes walk/run	6 hours and 30 minutes
		44	45 minutes easy walk or run	Rest	1 hour medium speed walk or run	Core Workout - Cross Training	45 min fast pace walk/run	Rest	3 hours and 30 minutes walk/run	6 hours and 30 minutes
	23	45	45 minutes easy walk or run	Rest	1 hour medium speed walk or run	Core Workout - Cross Training	1 hour fast pace walk/run	Rest	3 hours and 30 minutes walk/run	6 hours and 45 minutes
16		46	45 minutes easy walk or run	Rest	1 hour medium speed walk or run	Core Workout - Cross Training	1 hour fast pace walk/run	Rest	3 hours and 30 minutes walk/run	6 hours and 45 minutes
	24	47	45 minutes easy walk or run	Rest	1 hour medium speed walk or run	Core Workout - Cross Training	1 hour fast pace walk/run	Rest	3 hours and 30 minutes walk/run	6 hours and 45 minutes
		48	45 minutes easy walk or run	Rest	1 hour medium speed walk or run	Core Workout - Cross Training	1 hour fast pace walk/run	Rest	3 hours and 30 minutes walk/run	6 hours and 45 minutes
17	25	49	1 hour easy walk/run	Rest	1 hour medium speed walk or run	Core Workout - Cross Training	1 hour fast pace walk/run	Rest	3 hours and 30 minutes walk/run	7 hours
		50	1 hour easy walk/run	Rest	1 hour medium speed walk or run	Core Workout - Cross Training	1 hour fast pace walk/run	Rest	3 hours and 30 minutes walk/run	7 hours
	26	51	1 hour easy walk/run	Rest	1 hour medium speed walk or run	Core Workout - Cross Training	1 hour fast pace walk/run	Rest	3 hours and 30 minutes walk/run	7 hours
18		52	1 hour easy walk/run	Rest	1 hour medium speed walk or run	Core Workout - Cross Training	1 hour fast pace walk/run	Rest	3 hours and 30 minutes walk/run	7 hours