

Virtual Training Table 3

18 Week Program Prerequisites: (Have completed 2 10K's within the past year or is currently active walk/run 13 miles average a week)

26 Week Program Prerequisites: (Have completed 1 10K within the past year or is currently active walk/run 13 miles average a week)

52 Week Program Prerequisites: (Has completed 2 5K's within the past year or currently active walk/run 13 miles average a week)

Your weekly program will be determined by your COACH			10K TO HALF MARATHON (BY MILES) Modesto Moves Virtual Training Program: 18 Week - 26 Week - 52 Week Able to Run/Walk a Half Marathon							
18 Week	26 Week	52 week	Sun	Mon	Tues	Wed	Thu	Fri	Sat	Total Weekly MILES
1	1	1	2 miles easy walk/run	2 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	2 miles fast pace walk/run	Rest	3 miles	13 miles
		2	2 miles easy walk/run	2 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	2 miles fast pace walk/run	Rest	4 miles	14 miles
	2	3	2 miles easy walk/run	2 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	2 miles fast pace walk/run	Rest	5 miles	15 miles
2		4	2 miles easy walk/run	2 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	2 miles fast pace walk/run	Rest	6 miles	16 miles
	3	5	2 miles easy walk/run	3 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	2 miles fast pace walk/run	Rest	6 miles	17 miles
		6	2 miles easy walk/run	3 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	2 miles fast pace walk/run	Rest	6 miles	17 miles
3	4	7	2 miles easy walk/run	3 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	2 miles fast pace walk/run	Rest	6 miles	17 miles
		8	2 miles easy walk/run	3 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	2 miles fast pace walk/run	Rest	6 miles	17 miles
	5	9	2 miles easy walk/run	3 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	2 miles fast pace walk/run	Rest	7 miles	18 miles

4		10	2 miles easy walk/run	3 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	2 miles fast pace walk/run	Rest	7 miles	18 miles
	6	11	2 miles easy walk/run	3 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	2 miles fast pace walk/run	Rest	7 miles	18 miles
		12	2 miles easy walk/run	3 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	2 miles fast pace walk/run	Rest	7 miles	18 miles
5	7	13	2 miles easy walk/run	3 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	3 miles fast pace walk/run	Rest	7 miles	19 miles
		14	2 miles easy walk/run	3 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	3 miles fast pace walk/run	Rest	7 miles	19 miles
	8	15	2 miles easy walk/run	3 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	3 miles fast pace walk/run	Rest	7 miles	19 miles
6		16	2 miles easy walk/run	3 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	3 miles fast pace walk/run	Rest	7 miles	19 miles
	9	17	2 miles easy walk/run	3 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	3 miles fast pace walk/run	Rest	8 miles	20 miles
		18	2 miles easy walk/run	3 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	3 miles fast pace walk/run	Rest	8 miles	20 miles
7	10	19	2 miles easy walk/run	3 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	3 miles fast pace walk/run	Rest	8 miles	20 miles
		20	2 miles easy walk/run	3 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	3 miles fast pace walk/run	Rest	8 miles	20 miles
	11	21	3 miles walk/run	3 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	3 miles fast pace walk/run	Rest	8 miles	21 miles
8		22	3 miles walk/run	3 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	3 miles fast pace walk/run	Rest	8 miles	21 miles
	12	23	3 miles walk/run	3 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	3 miles fast pace walk/run	Rest	8 miles	21 miles

	20	39	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	10 miles	25 miles
14		40	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	10 miles	25 miles
	21	41	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	11 miles	26 miles
		42	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	11 miles	26 miles
15	22	43	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	11 miles	26 miles
		44	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	11 miles	26 miles
	23	45	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	12 miles	27 miles
16		46	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	12 miles	27 miles
	24	47	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	12 miles	27 miles
		48	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	12 miles	27 miles
17	25	49	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	13 miles	28 miles
		50	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	13 miles	28 miles
	26	51	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	13 miles	28 miles
18		52	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	13 miles	28 miles