

## **General Guidelines for the Adult Training**

1. Be sure that you consult your physician before undertaking one of the adult training schedules listed below.
2. Be sure that you use the appropriate running shoes for your style of body. The shoes should not have worn out unevenly and should not have more than 300 miles of running on them. Your running shoes should not be worn on a daily basis.
3. Be sure that you always warm up properly (as described in our training book) and warm down thoroughly after your workout.
4. Always listen to your body before your workouts. It is better to take a day off if you are not feeling well and pick up your training after you feel better.
5. It is possible to switch from one group of training program to another. If you switch from a lower to a higher training group, be sure that you start at the beginning or equivalent level of the higher program.
6. Keep the running log provided on a daily basis.
7. Add more speed to your daily running workouts instead of increasing the distance listed for your group.
8. Follow the strength training suggested on a daily basis (push ups, crunches, etc.).
9. Adapt healthy nutrition habits to go along with your training.
10. Good luck with your goals of health, fitness and fun!

## Southern California Half Marathon Training Program

Group A (Half Marathon Group -- able to run 5 + miles nonstop)

Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
# 1	Tempo Pace 5 Mile run	Swim for 30 minutes	8 x 400 repeats	Easy pace 5 mile run	Swim for 30 minutes	Steady Pace 5 mile run
# 2	Swim for 30 minutes	Tempo Pace 5 mile run	swim for 30 minutes	4 x 800 repeats	Easy pace 5 mile run	5K race
# 3	Steady Pace 6 mile run	Easy pace 5 mile run	4x1200 repeats + 2 easy miles	Swim for 35 minutes	Tempo Pace 6 mile run	Easy Pace 6 mile run
# 4	Easy pace run for 6 miles	10 x 400 repeats	Swim for 35 minutes	Steady Pace run for 6 miles	Swim for 35 minutes	Tempo pace run of 6 miles
# 5	Tempo Pace Mile run	Swim for 40 minutes	4 x mile repeats	Easy pace 7 mile run	Swim for 40 minutes	Steady Pace 7 mile run
# 6	Swim for 40 minutes	Tempo Pace 7 mile run	swim for 40 minutes	6 x 800 repeats	Easy pace 7 mile run	5 K race
# 7	Steady Pace 8 mile run	Easy pace 8 mile run	5 x1200 repeats + 2 easy miles	Swim for 40 minutes	Tempo Pace 8 mile run	Easy Pace 8 mile run
# 8	Easy pace run for 8 miles	12 x 400 repeats	Swim for 45 minutes	Steady Pace run for 8 miles	Swim for 40 minutes	Tempo pace run of 8 miles
# 9	Tempo Pace 9 Mile run	Swim for 40 minutes	8 x 800 repeats	Easy pace 9 mile run	Swim for 45 minutes	Steady Pace 9 mile run
# 10	Swim for 40 minutes	Tempo Pace 9 mile run	swim for 40 minutes	4 x mile repeats	Easy pace 9 mile run	10 K race
# 11	Steady Pace 10 mile run	Easy pace 10 mile run	12 x 400 repeats + 2 easy miles	Swim for 45 minutes	Tempo Pace 10 mile run	Easy Pace 10 mile run
# 12	Easy pace run for 10 miles	6 x 1200 repeats	Swim for 40 minutes	Steady Pace run for 10 miles	Swim for 40 minutes	Tempo pace run of 10 miles
# 13	Steady Pace 10 mile run	Easy pace 10 mile run	12 x 400 repeats + 2 easy miles	Swim for 45 minutes	Tempo Pace 10 mile run	Easy Pace 10 mile run
# 14	Easy pace run for 10 miles	6 x 1200 repeats	Swim for 40 minutes	Steady Pace run for 10 miles	Swim for 40 minutes	10 K race
# 15	Steady Pace 10 mile run	Easy pace 10 mile run	12 x 400 repeats + 2 easy miles	Swim for 45 minutes	Tempo Pace 10 mile run	Easy Pace 10 mile run
# 16	Easy pace run for 10 miles	6 x 1200 repeats	Swim for 40 minutes	Steady Pace run for 10 miles	Swim for 40 minutes	Tempo pace run of 10 miles

<b>Week #</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
# 17	Steady Pace 10 mile run	Easy pace 10 mile run	12 x 400 repeats + 2 easy miles	Swim for 45 minutes	Tempo Pace 10 mile run	Easy Pace 10 mile run
# 18	Easy pace run for 10 miles	6 x 1200 repeats	Swim for 40 minutes	Steady Pace run for 10 miles	Swim for 40 minutes	10 K race
# 19	Steady Pace 10 mile run	Easy pace 10 mile run	12 x 400 repeats + 2 easy miles	Swim for 45 minutes	Tempo Pace 10 mile run	Easy Pace 10 mile run
# 20	Easy pace run for 10 miles	6 x 1200 repeats	Swim for 40 minutes	Steady Pace run for 10 miles	Swim for 40 minutes	Run the half marathon

## Southern California Half Marathon Training Program

Group B (5 K/Half Marathon Group -- able to run 3 miles nonstop)

Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
# 1	Tempo Pace 3 Mile run	Swim for 20 minutes	8 x 400 repeats	Easy pace 3 mile run	Swim for 20 minutes	Steady Pace 3 mile run
# 2	Swim for 20 minutes	Tempo Pace 3 mile run	swim for 20 minutes	4 x 800 repeats	Easy pace 3 mile run	Steady Pace 3 mile run
# 3	Steady Pace 3 mile run	Easy pace 5 mile run	3 x 1200 repeats + 2 easy miles	Swim for 20 minutes	Tempo Pace 3 mile run	Easy Pace 3 mile run
# 4	Easy pace run for 4 miles	10 x 400 repeats	Swim for 25 minutes	Steady Pace run for 4 miles	Swim for 25 minutes	Tempo pace run of 4 miles
# 5	Tempo Pace Mile run	Swim for 25 minutes	4 x mile repeats	Easy pace 4 mile run	Swim for 25 minutes	Steady Pace 4 mile run
# 6	Swim for 25 minutes	Tempo Pace 4 mile run	swim for 25 minutes	4 x 800 repeats	Easy pace 4 mile run	5 K race
# 7	Steady Pace 5 mile run	Easy pace 5 mile run	4 x1200 repeats + 2 easy miles	Swim for 30 minutes	Tempo Pace 5 mile run	Easy Pace 5 mile run
# 8	Easy pace run for 5 miles	12 x 400 repeats	Swim for 30 minutes	Steady Pace run for 5 miles	Swim for 30 minutes	Tempo pace run of 5 miles
# 9	Tempo Pace 5 Mile run	Swim for 30 minutes	5 x 800 repeats	Easy pace 5 mile run	Swim for 45 minutes	Steady Pace 5 mile run
# 10	Swim for 35 minutes	Tempo Pace 6 mile run	swim for 35 minutes	4 x mile repeats	Easy pace 6 mile run	6 K race
# 11	Steady Pace 6 mile run	Easy pace 6 mile run	12 x 400 repeats + 2 easy miles	Swim for 35 minutes	Tempo Pace 6 mile run	Easy Pace 6 mile run
# 12	Easy pace run for 6 miles	4 x 1200 repeats	Swim for 35 minutes	Steady Pace run for 6 miles	Swim for 35 minutes	Tempo pace run of 6 miles
# 13	Steady Pace 6 mile run	Easy pace 6 mile run	6 x 800 repeats + 2 easy miles	Swim for 40 minutes	Tempo Pace 6 mile run	Easy Pace 6 mile run
# 14	Easy pace run for 6 miles	4 x mile repeats	Swim for 40 minutes	Steady Pace run for 6 miles	Swim for 40 minutes	5 K race
# 15	Steady Pace 6 mile run	Easy pace 6 mile run	12 x 400 repeats + 2 easy miles	Swim for 40 minutes	Tempo Pace 6 mile run	Easy Pace 6 mile run
# 16	Easy pace run for 6 miles	4 x 1200 repeats	Swim for 40 minutes	Steady Pace run for 6 miles	Swim for 40 minutes	Tempo pace run of 6 miles

<b>Week #</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
# 17	Steady Pace 6 mile run	Easy pace 6 mile run	8 x 800 repeats + 2 easy miles	Swim for 40 minutes	Tempo Pace 6 mile run	Easy Pace 6 mile run
# 18	Easy pace run for 6 miles	4 x mile repeats	Swim for 40 minutes	Steady Pace run for 6 miles	Swim for 40 minutes	5 K race
# 19	Steady Pace 6 mile run	Easy pace 6 mile run	12 x 400 repeats + 2 easy miles	Swim for 40 minutes	Tempo Pace 6 mile run	Easy Pace 6 mile run
# 20	Easy pace run for 6 miles	4 x 1200 repeats	Swim for 40 minutes	Steady Pace run for 6 miles	Swim for 40 minutes	Run the 5K

## Southern California Half Marathon Training Program

Group C (5K -- non-runner)

Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
# 1	Walk 1 mile	Swim 10 minutes	Walk 1 mile	Swim 10 minutes	Walk 1 mile	Walk 1 mile
# 2	Walk 1 mile	Swim 10 minutes	Walk 1 mile	Swim 10 minutes	Walk 1 mile	Walk 1 mile
# 3	Walk 1.5 miles	Swim 15 minutes	Walk 1.5 miles	Swim 15 minutes	Walk 1.5 miles	Walk 1.5 miles
# 4	Walk 1.5 miles	Swim 15 minutes	Walk 1.5 miles	Swim 15 minutes	Walk 1.5 miles	Walk 1.5 miles
# 5	Walk 2 miles	Swim 15 minutes	Walk 2 miles	Swim 15 minutes	Walk 2 miles	Walk 2 miles
# 6	Walk 2 miles	Swim 15 minutes	Walk 2 miles	Swim 15 minutes	Walk 2 miles	Walk 2 miles
# 7	Walk 3/4 of a mile, jog 1/4 of a mile, walk 3/4 of a mile, jog 1/4 mile	Swim 20 minutes	Walk 3/4 of a mile, jog 1/4 of a mile, walk 3/4 of a mile, jog 1/4 mile	Swim 20 minutes	Walk 3/4 of a mile, jog 1/4 of a mile, walk 3/4 of a mile, jog 1/4 mile	Walk 3/4 of a mile, jog 1/4 of a mile, walk 3/4 of a mile, jog 1/4 mile
# 8	Walk 3/4 of a mile, jog 1/4 of a mile, walk 3/4 of a mile, jog 1/4 mile	Swim 20 minutes	Walk 3/4 of a mile, jog 1/4 of a mile, walk 3/4 of a mile, jog 1/4 mile	Swim 20 minutes	Walk 3/4 of a mile, jog 1/4 of a mile, walk 3/4 of a mile, jog 1/4 mile	Walk 3/4 of a mile, jog 1/4 of a mile, walk 3/4 of a mile, jog 1/4 mile
# 9	Walk 1/2 of a mile, jog 1/2 of a mile, walk 1/2 of a mile, jog 1/2 of a mile	Swim 20 minutes	Walk 1/2 of a mile, jog 1/2 of a mile, walk 1/2 of a mile, jog 1/2 of a mile	Swim 20 minutes	Walk 1/2 of a mile, jog 1/2 of a mile, walk 1/2 of a mile, jog 1/2 of a mile	Walk 1/2 of a mile, jog 1/2 of a mile, walk 1/2 of a mile, jog 1/2 of a mile
# 10	Walk 1/2 of a mile, jog 1/2 of a mile, walk 1/2 of a mile, jog 1/2 of a mile	Swim 30 minutes	Walk 1/2 of a mile, jog 1/2 of a mile, walk 1/2 of a mile, jog 1/2 of a mile	Swim 30 minutes	Walk 1/2 of a mile, jog 1/2 of a mile, walk 1/2 of a mile, jog 1/2 of a mile	Walk 1/2 of a mile, jog 1/2 of a mile, walk 1/2 of a mile, jog 1/2 of a mile
# 11	Walk 1/4 of a mile, jog 3/4 of a mile, walk 1/4 of a mile, jog 3/4 of a mile	Swim 30 minutes	Walk 1/4 of a mile, jog 3/4 of a mile, walk 1/4 of a mile, jog 3/4 of a mile	Swim 30 minutes	Walk 1/4 of a mile, jog 3/4 of a mile, walk 1/4 of a mile, jog 3/4 of a mile	Walk 1/4 of a mile, jog 3/4 of a mile, walk 1/4 of a mile, jog 3/4 of a mile

<b>Week #</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
# 12	Walk 1/4 of a mile, jog 1 mile, walk 1/4 of a mile, jog 3/4 of a mile	Swim 30 minutes	Walk 1/4 of a mile, jog 1 mile, walk 1/4 of a mile, jog 3/4 of a mile	Swim 30 minutes	Walk 1/4 of a mile, jog 1 mile, walk 1/4 of a mile, jog 3/4 of a mile	Walk 1/4 of a mile, jog 1 mile, walk 1/4 of a mile, jog 3/4 of a mile
# 13	Jog 1 mile, walk 1/2 mile, jog 1 mile	Swim 30 minutes	Jog 1 mile, walk 1/2 mile, jog 1 mile	Swim 30 minutes	Jog 1 mile, walk 1/2 mile, jog 1 mile	Jog 1 mile, walk 1/2 mile, jog 1 mile
# 14	Jog 1.5 miles, walk 1/2 mile, jog 1 mile	Swim 30 minutes	Jog 1.5 miles, walk 1/2 mile, jog 1 mile	Swim 30 minutes	Jog 1.5 miles, walk 1/2 mile, jog 1 mile	Jog 1.5 miles, walk 1/2 mile, jog 1 mile
# 15	Jog 2 miles, Walk 1 mile, jog 1/2 mile	Swim 30 minutes	Jog 2 miles, Walk 1 mile, jog 1/2 mile	Swim 30 minutes	Jog 2 miles, Walk 1 mile, jog 1/2 mile	Jog 2 miles, Walk 1 mile, jog 1/2 mile
# 16	Jog 2 miles, Walk 1 mile, jog 1/2 mile	Swim 30 minutes	Jog 2 miles, Walk 1 mile, jog 1/2 mile	Swim 30 minutes	Jog 2 miles, Walk 1 mile, jog 1/2 mile	Jog 2 miles, Walk 1 mile, jog 1/2 mile
# 17	Jog 2.5 miles, Walk 1 mile, jog 1/2 mile	Jog 2.5 miles, Walk 1 mile, jog 1/2 mile	Jog 2.5 miles, Walk 1 mile, jog 1/2 mile	Jog 2.5 miles, Walk 1 mile, jog 1/2 mile	Jog 2.5 miles, Walk 1 mile, jog 1/2 mile	Jog 2.5 miles, Walk 1 mile, jog 1/2 mile
# 18	Jog 2.5 miles, Walk 1 mile, jog 1/2 mile	Jog 2.5 miles, Walk 1 mile, jog 1/2 mile	Jog 2.5 miles, Walk 1 mile, jog 1/2 mile	Jog 2.5 miles, Walk 1 mile, jog 1/2 mile	Jog 2.5 miles, Walk 1 mile, jog 1/2 mile	Jog 2.5 miles, Walk 1 mile, jog 1/2 mile
# 19	Jog 3 miles, walk 1 mile	Jog 3 miles, walk 1 mile	Jog 3 miles, walk 1 mile	Jog 3 miles, walk 1 mile	Jog 3 miles, walk 1 mile	Jog 3 miles, walk 1 mile
# 20	Jog 3 miles, walk 1 mile	Jog 3 miles, walk 1 mile	Jog 3 miles, walk 1 mile	Jog 3 miles, walk 1 mile	Jog 3 miles, walk 1 mile	Run the 5K