



2025 HALF MARATHON SPRING TRAINING PROGRAM

| Week | Date | Sunday | Monday | Tuesday | Wednesday* | Thursday | Friday | Saturday* |
|------|-------------|--------|--------|-------------|------------|----------|--------|-------------------------|
| 1 | 12/15 12/21 | REST | 3 | Cross Train | 3 | 3 | REST | 3 Kickoff! |
| 2 | 12/22 12/28 | REST | 3 | Cross Train | 3 | 3 | REST | 4 |
| 3 | 12/29 1/4 | REST | 3 | Cross Train | 3 | 3 | REST | 5 |
| 4 | 1/5 1/11 | REST | 3 | Cross Train | 4 | 3 | REST | 4 |
| 5 | 1/12 1/18 | REST | 3 | Cross Train | 5 | 3 | REST | 6 |
| 6 | 1/19 1/25 | REST | 3 | Cross Train | 4 | 4 | REST | 5 |
| 7 | 1/26 2/1 | REST | 3 | Cross Train | 4 | 4 | REST | 7 |
| 8 | 2/2 2/8 | REST | 3 | Cross Train | 5 | 5 | REST | 8 |
| 9 | 2/9 2/15 | REST | 3 | Cross Train | 4 | 3 | REST | 6 |
| 10 | 2/16 2/22 | REST | 3 | Cross Train | 5 | 3 | REST | 7 |
| 11 | 2/23 3/1 | REST | 3 | Cross Train | 4 | 4 | REST | 6 |
| 12 | 3/2 3/8 | REST | 3 | Cross Train | 5 | 4 | REST | 8 |
| 13 | 3/9 3/15 | REST | 4 | Cross Train | 5 | 4 | REST | 9 |
| 14 | 3/16 3/22 | REST | 4 | Cross Train | 6 | 5 | REST | 7 |
| 15 | 3/23 3/29 | REST | 4 | Cross Train | 6 | 4 | REST | 11 Preview Run |
| 16 | 3/30 4/5 | REST | 4 | Cross Train | 6 | 4 | REST | 8 |
| 17 | 4/6 4/12 | REST | 4 | Cross Train | 4 | 4 | REST | 6 |
| 18 | 4/13 4/19 | REST | 3 | Cross Train | 3 | REST | REST | Carmel Half Marathon |

* Check the Run Calendar for locations and times of official Wed and Sat club runs

<http://www.carmelrunners.net/carmel-runners-club-calendar/>

WWW.CARMELRUNNERS.NET