

Are you ready to continue training? Do you want to race another 10k or accomplish a 1/2 marathon???

If you choose to continue on to train for a 1/2 marathon later in the Summer, please feel free to use the optional training schedule below. If you would like to maintain your endurance and are satisfied with the distance you are currently at, than by all means continue at that pace and distance which you enjoy. We hope to see you at the Lewiston Fitness Center event in August 2007!

The training schedule for a 1/2 Marathon (13.2 miles) will progress with a little more effort than the 10k schedule. Off days are a constant importance, and is stretching. The scheduled group runs in June and July will be starting at 8am, as the days will be getting warmer, and the earlier we head out, the best chance we won't be running in the heat of the day!

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Week 21 May 28, 2007	40 min. Walk or XT	RUN 35-45 Min.	40 min. Walk or XT	RUN 35-45 Min.	40 min. Walk or XT	OFF	Long Run 8 Mile
Week 22 June 4	40 min. Walk or XT	RUN 35-45 Min.	40 min. Walk or XT	RUN 35-45 Min.	40 min. Walk or XT	OFF	Long Run 9 Mile
Week 23 June 11	40 min. Walk or XT	RUN 35-45 Min.	40 min. Walk or XT	RUN 35-45 Min.	40 min. Walk or XT	OFF	Long Run 5 Mile Group Run 8am
Week 24 June 18	40 min. Walk or XT	RUN 35-45 Min.	40 min. Walk or XT	RUN 35-45 Min.	40 min. Walk or XT	OFF	Long Run 10 Mile
Week 25 June 25	40 min. Walk or XT	RUN 35-45 Min.	40 min. Walk or XT	RUN 35-45 Min.	40 min. Walk or XT	OFF	Long Run 6 Mile
Week 26 July 2	40 min. Walk or XT	RUN 35-45 Min.	40 min. Walk or XT	RUN 35-45 Min.	40 min. Walk or XT	OFF	Long Run 11-12 Mile
Week 27 July 9	40 min. Walk or XT	RUN 35-45 Min.	40 min. Walk or XT	RUN 35-45 Min.	40 min. Walk or XT	OFF	Long Run 12-13 Mile Group Run 8am
Week 28 July 16	40 min. Walk or XT	RUN 35-45 Min.	40 min. Walk or XT	RUN 35-45 Min.	40 min. Walk or XT	OFF	Long Run 14-15 Mile
Week 29 July 23	40 min. Walk or XT	RUN 35-45 Min.	40 min. Walk or XT	RUN 35-45 Min.	40 min. Walk or XT	OFF	Long Run 5 Mile <i>Are you ready?</i>
Week 30 July 30	40 min. Walk or XT	RUN 35-45 Min.	40 min. Walk or XT	RUN 35-45 Min.	Easy day, walk or XT	Tentative LFC Event Date	