

2008 SAN ANTONIO HALF-MARATHON - ADVANCED PROGRAM



WEEK	MON	TUE	WED	THU	FRI	<- SAT / SUN ->	
23 (June 9)	X-Train	5 Miles	X-Train	5 Miles	Rest Day	7 Miles	Rest Day
22 (June 16)	X-Train	5 Miles	X-Train	5 Miles	Rest Day	7 Miles	Rest Day
21 (June 23)	X-Train	5 Miles	X-Train	5 Miles	Rest Day	7 Miles	Rest Day
20 (June 30)	X-Train	6 Miles	X-Train	5 Miles	Rest Day	7 Miles	Rest Day
19 (July 7)	X-Train	7 Miles	X-Train	5 Miles	Rest Day	8 Miles	Rest Day
18 (July 14)	X-Train	7 Miles Speed	X-Train	5 Miles Tempo	Rest Day	8 MilesHMP +20 sec	Rest Day
17 (July 21)	X-Train	7 Miles Speed	X-Train	5 Miles Tempo	Rest Day	9 MilesHMP +20 sec	Rest Day
16 (July 28)	X-Train	7 Miles Speed	X-Train	6 Miles Tempo	Rest Day	10 Miles Easy	Rest Day
15 (August 4)	X-Train	7 Miles Speed	X-Train	5 Miles Tempo	Rest Day	9 MilesHMP +20 sec	Rest Day
14 (August 11)	X-Train	7 Miles Speed	X-Train	5 Miles Tempo	Rest Day	9 MilesHMP +20 sec	Rest Day
13 (August 18)	X-Train	7 Miles Speed	X-Train	6 Miles Tempo	Rest Day	11 MilesHMP +30 sec	Rest Day
12 (August 25)	X-Train	7 Miles Speed	X-Train	7 Miles Tempo	Rest Day	10 MilesHMP +20 sec	Rest Day
11 (Sept. 1)	X-Train	7 Miles Speed	X-Train	5 Miles Tempo	Rest Day	12 MilesHMP +30 sec	Rest Day
10 (Sept. 8)	X-Train	7 Miles Speed	X-Train	7 Miles Tempo	Rest Day	8 MilesHMP +15 sec	Rest Day
9 (Sept. 15)	X-Train	7 Miles Speed	X-Train	5 Miles Tempo	Rest Day	13 MilesHMP +30 sec	Rest Day

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8 (Sept. 22)	X-Train	7 Miles Speed	X-Train	6 Miles Tempo	Rest Day	10 MilesHMP +20 sec	Rest Day
7 (Sept.29)	X-Train	7 Miles Speed	X-Train	5 Miles Tempo	Rest Day	14 MilesHMP +30 sec	Rest Day
6 (October 6)	X-Train	7 Miles Speed	X-Train	6 Miles Easy	Rest Day	10 MilesHMP +20 sec	Rest Day
5 (Oct. 13)	X-Train	7 Miles Speed	X-Train	5 Miles Tempo	Rest Day	15 MilesHMP +30 sec	Rest Day
4 (Oct. 20)	X-Train	7 Miles Speed	X-Train	7 Miles Tempo	Rest Day	10 MilesHMP +20 sec	Rest Day
3 (Oct.27)	X-Train	7 Miles Speed	X-Train	5 Miles Tempo	Rest Day	12 MilesHMP +20 sec	Rest Day
2 (Nov. 3)	X-Train	4 Miles	X-Train	4 Miles	Rest Day	6 Miles	Rest Day
1 (Nov. 10)	X-Train	4 Miles	3 Miles	Rest Day	Rest Day	2 Miles	13.1 Will Be Fun!
Time For A Little Break	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day