

My Beautiful Ideal 10-Miler and Half Marathon Training Schedule 2019

Jan 2019 (Eastern Time - New York)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
	REST DAY	RUN 2 Miles	Cross Train	RUN 2.5 Miles	Rest Day	RUN 3 Miles
27	28	29	30	31	1	2
Cross Train	REST DAY	RUN 2.5 Miles	Cross Train	RUN 3 Miles	Rest Day	RUN 4 Miles

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Feb 2019 (Eastern Time - New York)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27 Cross Train	28 REST DAY	29 RUN 2.5 Miles	30 Cross Train	31 RUN 3 Miles	1 Rest Day	2 RUN 4 Miles
3 Cross Train	4 REST DAY	5 RUN 2.5 Miles	6 Cross Train	7 RUN 3 Miles	8 Rest Day	9 RUN 5 Miles
10 Cross Train	11 REST DAY	12 RUN 3 Miles	13 Cross Train	14 RUN 4 Miles	15 Rest Day	16 RUN 6 Miles
17 Cross Train	18 REST DAY	19 RUN 3 Miles	20 Cross Train	21 RUN 4 Miles	22 Rest Day	23 RUN 7 Miles
24 Cross Train	25 REST DAY	26 RUN 4 Miles	27 Cross Train	28 RUN 4 Miles	1 Rest Day	2 RUN 8 Miles

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Mar 2019 (Eastern Time - New York)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
24 Cross Train	25 REST DAY	26 RUN 4 Miles	27 Cross Train	28 RUN 4 Miles	1 Rest Day	2 RUN 8 Miles
3 Cross Train	4 REST DAY	5 RUN 4 Miles	6 Cross Train	7 RUN 3 Miles	8 Rest Day	9 RUN 9 Miles
10 Cross Train	11 REST DAY	12 RUN 3 Miles	13 Rest Day	14 RUN 3 Miles	15 Rest Day	16 RUN 10 Miles
17 Cross Train	18 REST DAY	19 RUN 2 Miles	20 RUN 20 Minutes	21 Rest Day	22 RUN 20 Minutes	23 RUN 20 Minutes
24 10 Miler RUN	25 REST DAY	26 Cross Train	27 Rest Day	28 RUN 20 Minutes	29 Rest Day	30 RUN 20 Minutes
31 Cross Train	1 REST DAY	2 RUN 4 Miles	3 Rest Day	4 RUN 4 Miles	5 Rest Day	6 RUN 4 Miles

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Apr 2019 (Eastern Time - New York)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31 Cross Train	1 REST DAY	2 RUN 4 Miles	3 Rest Day	4 RUN 4 Miles	5 Rest Day	6 RUN 4 Miles
7 Cross Train	8 REST DAY	9 RUN 5 Miles	10 Cross Train	11 RUN 4 Miles	12 Rest Day	13 RUN 8 Miles
14 Cross Train	15 REST DAY	16 RUN 4 Miles	17 Cross Train	18 RUN 3 Miles	19 Rest Day	20 RUN 10 Miles
21 Cross Train	22 REST DAY	23 Cross Train	24 Cross Train	25 Run 3 Miles	26 Rest Day	27 RUN 12 Miles
28 Cross Train	29 REST DAY	30 RUN 2 Miles	1 Rest Day	2 RUN 20 Minutes	3 Rest Day	4 RUN 20 Minutes

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May 2019 (Eastern Time - New York)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28 Cross Train	29 REST DAY	30 RUN 2 Miles	1 Rest Day	2 RUN 20 Minutes	3 Rest Day	4 RUN 20 Minutes
5 RUN Half	6 REST DAY	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1