

Training Schedule for Big Sur International Marathon - 21 Miler 2012

Week of	Monday	Tuesday	Wed.	Thursday	Friday	Sat	Sunday	Wk tot
December 5, 2011	6 to 8		6 to 8		5		10	29
December 12, 2011	6 to 8		6 to 8		5		10	35
December 19, 2011	6 to 8		6 to 8		5		10	31
December 26, 2011	6 to 8		6 to 8		5		14	31
January 2, 2012	6 to 8		6 to 8		8 to 10	8 to 10	16	40
January 9, 2012	6 to 8		6 to 8		8 to 10	8 to 10	18	42
January 16, 2012	6 to 8		6 to 8		8 to 10	8 to 10	20	44
January 23, 2012	6 to 8		6 to 8		8 to 10	8 to 10	22	46
January 30, 2012	6 to 8		6 to 8		8 to 10	8 to 10	24	48
February 6, 2012	6 to 8		6 to 8		8 to 10	8 to 10	26	50
February 13, 2012	6 to 8		6 to 8		8 to 10	8 to 10	28	52
February 20, 2012	6 to 8		6 to 8		8 to 10	8 to 10	12	54
February 27, 2012	6 to 8		6 to 8		8 to 10	8 to 10	CH - 21	38
March 5, 2012	3 to 5		3 to 5		5	5	24	36
March 12, 2012	6 to 8		6 to 8		8 to 10	8 to 10	12	48
March 19, 2012	6 to 8		6 to 8		5 to 8	5 to 8	ABRR-30	44
March 26, 2012	3 to 5		3 to 5		5	5	16	45
April 2, 2012	6 to 8		6 to 8		8 to 10	8 to 10	28	54
April 9, 2012	6 to 8		6 to 8		8 to 10	8 to 10	16	42
April 16, 2012	6 to 8		6 to 8		6 to 8	6 to 8	12	36
April 23, 2012	5		3			2 to 3	BSIM 33.6!!	44.6
April 30, 2012	Saunter along the Carmel Beach...feet in the Pacific Ocean.							

NOTE 1: This schedule is a little different than others posted on the WoW Power Walking website. Friday and Saturday mileages are written in italics reflecting the fact that the **WYBO - High Performance - Hills** classes are scheduled for those days. You would not walk both Friday and Saturday classes, you would walk one or the other.

NOTE 2: This training schedule includes the Chilly Half Marathon and the Around the Bay Road Race.

They are both great local races, strategically timed to help with your Big Sur training.

There are links to these two races under Upcoming Races on wowpowerwalking.com

NOTE 3: The weekly totals are the maximum, you will be walking less if you walk the shorter distance on mid-week walks.

Changes can be made to this schedule as required. Please speak to your coach.

