

2012 Seattle Rock'n Roll Half Marathon Training Schedules for All Levels

SCROLL DOWN TO FIND YOUR SCHEDULE

2012 Seattle Rock'n Roll Half Marathon, Beginning Walking Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
March 5-11	2-3 miles	30 minutes cross-training	2-3 miles	Day off	2-3 miles	3 miles Green Lake practice	Day off	9-12 miles
March 12-18	2-3 miles	30 minutes cross-training	3 miles	Day off	2-3 miles	3 miles Montlake Comm Center + Kick off B.fast 8:00am	Day off	10-12 miles
March 19-25	3 miles	30 minutes cross-training	3 miles	Day off	3 miles	4 miles Kirkland 8:00am	Day off	13 miles
March 26-April 1	3 miles	30 minutes cross-training	3 miles	Day off	3 miles	4 miles Alki 8:00am	Day off	13 miles
April 2-8	3 miles	45 minutes cross-training	3 miles	Day off	3 miles	6 miles Gasworks Park 8:00am	Day off	15 miles
April 9-15	3 miles	45 minutes cross-training	4 miles	Day off	3-4 miles	4 miles Lake Sammamish 8:00am	Day off	14-15 miles
April 16-22	3 miles	45 minutes cross-training	4 miles	Day off	3-4 miles	6 miles Green Lake 8:00am	Day off	16-17 miles
April 23-29	3 miles	45 minutes cross-training	4 miles	Day off	3 miles	8 miles Seward Park 8:00am	Day off	18 miles
April 30-May 6	3 miles	45 minutes cross-training	3 miles	Day off	3 miles	6 miles Discovery Park 8:00am	Day off	15 miles
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
May 7-13	3 miles	45 minutes cross-training	4 miles	Day off	3-4 miles	7-8 miles Leschi Park	Day off Kirkland Half Marathon	17-19 miles

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May 14-20	3-4 miles	45 minutes cross-training	4 miles	4 miles	Day off	No Group Practice 2-3 miles	TT Who Knows Their Fitness Big Backyard 5k	18-19
May 21-27	4 miles	45 minutes cross-training	4-6 miles	Day off	4 miles	9 miles Volunteer Park 8:00am	Day off	21-23 miles
May 28-June 3	4 miles	45 minutes cross-training	4-6 miles	Day off	4 miles	10 miles Alki 8:00am	Day off	22-24 miles
June 4-10	4 miles	45 minutes cross-training	4-6 miles	Day off	4 miles	10-12 miles Seward Park 8:00am	Day off	22-26 miles
June 11-17	3 miles	30 minutes cross-training	4 miles	Day off	3 miles	6 miles Green Lake 8:00am	Day off	16 miles
June 18-24	3 miles	TT Spirit Day! 30 minutes cross-training	3 miles	Day off	2-3 miles	Race Day! + Post Race BBQ!	Day off	

2012 Seattle Rock'n Roll Half Marathon Training Schedules for All Levels

2012 Seattle Rock'n Roll Half Marathon, Advanced Walking Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
March 5-11	3-4 miles	30 minutes cross-training	4 miles	Day off	3-4 miles	4-6 miles Green Lake 8:00am	Day off	14-18 miles
March 12-18	3-4 miles	30 minutes cross-training	4 miles	Day off	3-4 miles	6 miles Montlake Comm . Center + Kick-off B.fast 8:00am	Day off	16-18 miles
March 19-25	3 miles	30 minutes cross-training	4 miles	Day off	3-4 miles	8 miles Kirkland 8:00am	Day off	18-19 miles
March 26- April 1	4 miles	45 minutes cross-training	4-6 miles	Day off	4 miles	8 miles Alki 8:00am	Day off	20-22 miles
April 2-8	3 miles	45 minutes cross-training	4 miles	Day off	3 miles	6 miles Gasworks Park 8:00am	Day off	16 miles
April 9-15	4 miles	45 minutes cross-training	4-6 miles	Day off	4 miles	8 miles Lake Sammamish 8:00am	Day off	20-22 miles
April 16-22	4 miles	45 minutes cross-training	6 miles	Day off	4 miles	8 miles Green Lake 8:00am	Day off	22 miles
April 23-29	4-6 miles	45-60 minutes cross-training	6 miles	Day off	4 miles	8-10 miles Seward Park 8:00am	Day off	22-26 miles
April 30-May 6	4-6 miles	45-60 minutes cross-training	6 miles	Day off	4 miles	9 miles Discovery Park 8:00am	Day off	23-25 miles
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
May 7-13	4 miles	45-60 minutes cross-training	6 miles	Day off	4 miles	10-12 miles Leschi Park 8:00am	Day off Kirkland Half Marathon!	24-26 miles

2012 Seattle Rock'n Roll Half Marathon Training Schedules for All Levels

May 14-20	4 miles	60 minutes cross-training	4 miles	Day off	4 miles	No group practice Easy 2-3 miles	TT Who Knows Their Fitness Big Backyard 5k	19-20 miles
May 21-27	6 miles	60 minutes cross-training	6 miles	Day off	4 miles	9 miles Volunteer Park 8:00am	Day off	25 miles
May 28- June 3	6 miles	60 minutes cross-training	6 miles	Day off	4 miles	10 miles Alki 8:00am	Day off	26 miles
June 4-10	6 miles	45 minutes cross-training	4-6 miles	Day off	4 miles	10-12 miles Seward Park 8:00am	Day off	24-28 miles
June 11-17	4 miles	45 minutes cross-training	4 miles	Day off	3 miles	6 miles Green Lake 8:00am	Day off	17 miles
June 18-24	3 miles	TT Spirit Day! 30 minutes cross-training	3 miles	Day off	2-3 miles	Race Day! + Post-Race BBQ!!	Day off	

2012 Seattle Rock'n Roll Half Marathon Training Schedules for All Levels

2012 Seattle Rock'n Roll Half Marathon, Beginning Runner/Run-Walk Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
March 5-11	2-3 miles	30 minutes cross-training	3 miles	Day off	2-3 miles	3 miles Green Lake 8:00am	Day off	10-12 miles
March 12-18	3 miles	30 minutes cross-training	3 miles	Day off	3 miles	3 miles Montlake Comm. Center + Kick-off B.fast 8:00am	Day off	12 miles
March 19-25	3 miles	30 minutes cross-training	3 miles	Day off	3 miles	4 miles Kirkland 8:00am	Day off	13 miles
March 26- April 1	3 miles	45 minutes cross-training	3 miles	Day off	3 miles	4 miles Alki 8:00 am	Day off	13 miles
April 2-8	3 miles	45 minutes cross-training	4 miles	Day off	3 miles	6 miles Gasworks Park 8:00am	Day off	16 miles
April 9-15	4 miles	45 minutes cross-training	4 miles	Day off	3 miles	8 miles Lake Sammamish 8:00am	Day off	19 miles
April 16-22	3 miles	45 minutes cross-training	3 miles	Day off	3 miles	6 miles Green Lake 8:00am	Day off	15 miles
April 23-29	3 miles	45 minutes cross-training	4 miles	Day off	4 miles	8 miles Seward Park 8:00am	Day off	19 miles
April 30-May 6	4 miles	45 minutes cross-training	6 miles	Day off	4 miles	6 miles Discovery Park 8:00am	Day off	20 miles
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
May 7-13	4 miles	45-60 minutes cross-training	6 miles	4 miles	Day off	8 miles Leschi Park	Day off Kirkland Half Marathon	21-22 miles

2012 Seattle Rock'n Roll Half Marathon Training Schedules for All Levels

May 14-20	3 miles	45 minutes cross-training	4miles	Day off	3 miles	No group practice 2-3 miles easy	TT Who Knows Their Fitness Big Backyard 5k	18 miles
May 21-27	4 miles	45-60 minutes cross-training	6 miles	Day off	4-6 miles	9 miles Volunteer Park 8:00am	Day off	23-25 miles
May 28-June 3	4 miles	45-60 minutes cross-training	6 miles	Day off	4-6 miles	10 miles Alki 8:00am	Day off	24-26 miles
June 4-10	4 miles	45 minutes cross-training	6 miles	Day off	4-6 miles	10-12 miles Seward Park 8:00am	Day off	24-28 miles
June 11-17	4 miles	45 minutes cross-training	4 miles	Day off	4 miles	6 miles Green Lake 8:00am	Day off	18 miles
June 18-24	3 miles	TT Spirit Day! 30-minutes cross-training	4 miles	Day off	2-3 miles	Race Day! + Post-Race BBQ	Day off	

2012 Seattle Rock'n Roll Half Marathon Training Schedules for All Levels

2012 Seattle Rock'n Roll Half Marathon, Intermediate Runner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
March 5-11	4 miles	30 minutes cross-training	4 miles	Day off	4 miles	4-6 miles Green Lake 8:00am	Day off	16-18 miles
March 12-18	4 miles	30 minutes cross-training	4 miles	Day off	4 miles	6 miles Montlake Comm. Center + Kick-off B.fast 8:00am	Day off	18 miles
March 19-25	4 miles	45 minutes cross-training	4 miles	Day Off	4 miles	6 mile Kirkland 8:00am	Day off	18 miles
March 26- April 1	4 miles	45 minutes cross-training	4-6 miles	Day off	4 miles	8 miles Alki 8:00 am	Day off	20-22 miles
April 2-8	4 miles	45 minutes cross-training	4-6 miles	Day off	4 miles	6 miles Gasworks Park 8:00am	Day off	18-20 miles
April 9-15	6 miles	45-60 minutes cross-training	6 miles	Day off	4-6 miles	8 miles Lake Sammamish 8:00am	Day off	24-26 miles
April 16-22	6 miles	45-60 minutes cross-training	6 miles	Day off	4-6 miles	10 miles Green Lake 8:00am	Day off	26-28 miles
April 23-29	6 miles	45-60 minutes cross-training	6 miles	Day off	6 miles	8 miles Seward Park 8:00am	Day off	26 miles
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
April 30-May 6	4 miles	45-60 minutes cross-training	4 miles	Day off	4 miles	9 miles Discovery Park 8:00am	Day off	21 miles

2012 Seattle Rock'n Roll Half Marathon Training Schedules for All Levels

May 7-13	4 miles	45-60 minutes cross-training	8 miles	6 miles	Day off	10 miles Leschi Park 8:00am	Day off Kirkland Half Marathon	26 miles
May 14-20	6 miles	45-60 minutes cross-training	6-8 miles	Day off	6-8 miles	No group practice! 3 miles easy	TT Who Knows Their Fitness Big Backyard 5k	28-30 miles
May 21-27	6 miles	45-60 minutes cross-training	8 miles	Day off	6-8 miles	9 miles Volunteer Park 8:00am	Day off	29-31 miles
May 28- June 3	6 miles	45-60 minutes cross-training	8 miles	Day off	6 miles	10 miles Alki 8:00am	Day off	30 miles
June 4-10	6 miles	45 minutes cross-training	6 miles	Day off	6 miles	12 miles Seward Park 8:00am	Day off	30 miles
June 11-17	6 miles	30 minutes cross-training	6 miles	Day off	4 miles	6 miles Green Lake 8:00am	Day off	22 miles
June 18-24	4 miles	TT Spirit Day! 30 minute cross-training	4 miles	Day off	3 miles	Race Day! + Post-Race BBQ	Day off	

2012 Seattle Rock'n Roll Half Marathon Training Schedules for All Levels

2012 Seattle Rock'n Roll Half Marathon, Advanced Runner Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
March 5-11	6 miles	45 minutes cross-training	6 miles	Day off	6 miles	6 miles Green Lake 8:00am	Day off	24 miles
March 12-18	6 miles	45 minutes cross-training	6 miles	Day off	6 miles	6 miles Montlake Comm. Center+ Kick-off B.fast 8:00am	Day off	24-26 miles
March 19-25	6 miles	45 minutes cross-training	6 miles	Day off	6 miles	8 miles Kirkland 8:00am	Day off	26-28 miles
March 26- April 1	6 miles	60 minutes cross-training	6-8 miles	Day off	6 miles	8 miles Alki 8:00am	Day off	26-28 miles
April 2-8	6 miles	60 minutes cross-training	6-8 miles	Day off	6 miles	6 miles Gasworks 8:00am	Day off	26-30miles
April 9-15	6 miles	60 minutes cross-training	8 miles	Day off	6 miles	8 miles Lake Samamish 8:00am	Day off	26-28 miles
April 16-22	6 miles	60 minutes cross-training	8 miles	Day off	6 miles	10 miles Green Lake 8:00am	Day off	30 miles
April 23-29	6 miles	60 minutes cross-training	8 miles	Day off	6 miles	10- miles Seward Park 8:00am	Day off	29 miles
April 30-May 6	6 miles	60 minutes cross-training	8-10 miles	Day off	6 miles	9 miles Discovery Park 8:00am	Day off	32-34 miles
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
May 7-13	6 miles	60 minutes cross-training	8-10 miles	Day off	6 miles	10-12 miles Leschi Park 8:00am	Day off Kirkland Half Marathon!!	30-34 miles

2012 Seattle Rock'n Roll Half Marathon Training Schedules for All Levels

May 14-20	6 miles	60 minutes cross-training	6-8 miles	6 miles	Day off	No group practice! 3-4 easy miles	TT Who Knows Their Fitness Big Backyard 5k	28-32 miles
May 21-27	6 miles	60 minutes cross-training	8 miles	Day off	8 miles	9 miles Volunteer Park 8:00am	Day off	32 miles
May 28-June 3	8 miles	60 minutes cross-training	8 miles	Day off	8 miles	10 miles Alki 8:00am	Day off	34 miles
June 4-10	8 miles	45 minutes cross-training	8 miles	Day off	8 miles	12 miles Seward Park 8:00am	Day off	36 miles
June 11-17	6 miles	45 minutes cross-training	6 miles	Day off	4 miles	6 miles Green Lake 8:00am	Day off	22 miles
June 18-24	6 miles	TT Spirit Day! 30 minutes cross-training	4 miles	Day off	3 miles	Race Day!! + Post-Race BBQ	Day off	