

2015 DECEMBER

Hansons Half-Marathon Advanced Program / PIYO

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
Week 1 - RUN - OFF PIYO - OFF	RUN - OFF PIYO - OFF	RUN - OFF PIYO - OFF	RUN - Easy 4 miles PIYO - Align: The Fundamentals (40)	RUN - Easy 3 miles PIYO - Define: LB (25)	RUN - Easy 4 miles PIYO - Define: UB (20)	RUN - Easy 6 miles PIYO - Sweat (35)
28	29	30	31	01	02	03
Week 2 - RUN - Easy 4 miles PIYO - Define: UB (20)	RUN - 12 x 400 w/ 1.5-3 mile warmup/cool-down PIYO - Core (30)	OFF	RUN - Tempo 3 mile w/ 1.5-3 mile warmup/cool-down PIYO - Sweat (35)	RUN - Easy 4 miles PIYO - Define: LB (25)	RUN - Easy 4 miles PIYO - Define: UB (20)	RUN - Easy 6 miles PIYO - Sweat (35)
04	05	06	07	08	09	10
Week 3 - RUN - Easy 4 miles PIYO - Define: LB (25)	RUN - 8 x 600 w/ 1.5-3 mile warmup/cool-down PIYO - Core (30)	OFF	RUN - Tempo 3 mile w/ 1.5-3 mile warmup/cool-down PIYO - Define: UB (20)	RUN - Easy 5 miles PIYO - Sweat (35)	RUN - Easy 5 miles PIYO - Define: LB (25)	RUN - Easy 7 miles PIYO - Define: UB (20)