

2016 FEBRUARY

Hansons Half-Marathon Advanced Program / PIYO

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
01 Week 7 - RUN - Easy 5 miles PIYO - Define: UB (20)	02 RUN - 3 x 1600 w/ 1.5-3 mile warmup/cool-down PIYO - Core (30)	03 OFF	04 RUN - Tempo 4 mile w/ 1.5-3 mile warmup/cool-down PIYO - Buns (30)	05 RUN - Easy 6 miles PIYO - Sculpt (30)	06 RUN - Easy 5 miles PIYO - Drench (45)	07 RUN - Easy 10 miles PIYO - Off - STRETCH
08 Week 8 - RUN - Easy 6 miles PIYO - Sweat (35)	09 RUN - 5 x 1000 w/ 1.5-3 mile warmup/cool-down PIYO - Core (30)	10 OFF	11 RUN - Tempo 5 mile w/ 1.5-3 mile warmup/cool-down PIYO - Sculpt (30)	12 RUN - Easy 6 miles PIYO - Sweat (35)	13 RUN - Easy 6 miles PIYO - Buns (30)	14 RUN - Long 12 miles PIYO - Off - STRETCH
15 Week 9 - RUN - Easy 5 miles PIYO - Drench (45)	16 RUN - 6 x 800 w/ 1.5-3 mile warmup/cool-down PIYO - Core (30)	17 OFF	18 RUN - Tempo 5 mile w/ 1.5-3 mile warmup/cool-down PIYO - Define: UB (20)	19 RUN - Easy 6 miles PIYO - Strength Intervals (25)	20 RUN - Easy 5 miles PIYO - Drench (45)	21 RUN - Easy 10 miles PIYO - Off - STRETCH
22 Week 10 - RUN - Easy 7 miles PIYO - Buns (30)	23 RUN - 12 x 400 w/ 1.5-3 mile warmup/cool-down PIYO - Core (30)	24 OFF	25 RUN - Tempo 5 mile w/ 1.5-3 mile warmup/cool-down PIYO - Sweat (35)	26 RUN - Easy 5 miles PIYO - Core (30)	27 RUN - Easy 6 miles PIYO - Sculpt (30)	28 RUN - Long 12 miles PIYO - Off - STRETCH
29 Week 11 - RUN - Easy 5 miles PIYO - Define: UB (20)	01 RUN - 6 x 1mi. w/ 1.5-3 mile warmup/cool-down PIYO - Core (30)	02 OFF	03 RUN - Tempo 6 mile w/ 1.5-3 mile warmup/cool-down PIYO - Core (30)	04 RUN - Easy 6 miles PIYO - Sculpt (30)	05 RUN - Easy 5 miles PIYO - Drench (45)	06 RUN - Easy 10 miles PIYO - Off - STRETCH
07 Week 12 - RUN - Easy 5 miles PIYO - Sweat (35)	08 RUN - 4 x 1.5mi w/ 1.5-3 mile warmup/cool-down PIYO - Core (30)	09 OFF	10 RUN - Tempo 6 mile w/ 1.5-3 mile warmup/cool-down PIYO - Core (30)	11 RUN - Easy 5 miles PIYO - Sculpt (30)	12 RUN - Easy 6 miles PIYO - Sweat (35)	13 RUN - Long 14 miles PIYO - Off - STRETCH