

# 2016 MARCH

## Hansons Half-Marathon Advanced Program / PIYO

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29 <b>Week 11</b> - RUN - Easy 5 miles <b>PIYO</b> - Define: UB (20)	01 <b>RUN</b> - 6 x 1mi. w/ 1.5-3 mile warmup/cool-down <b>PIYO</b> - Core (30)	02 <b>OFF</b>	03 <b>RUN</b> - Tempo 6 mile w/ 1.5-3 mile warmup/cool-down <b>PIYO</b> - Core (30)	04 <b>RUN</b> - Easy 6 miles <b>PIYO</b> - Sculpt (30)	05 <b>RUN</b> - Easy 5 miles <b>PIYO</b> - Drench (45)	06 <b>RUN</b> - Easy 10 miles <b>PIYO</b> - Off - STRETCH
07 <b>Week 12</b> - RUN - Easy 5 miles <b>PIYO</b> - Sweat (35)	08 <b>RUN</b> - 4 x 1.5mi w/ 1.5-3 mile warmup/cool-down <b>PIYO</b> - Core (30)	09 <b>OFF</b>	10 <b>RUN</b> - Tempo 6 mile w/ 1.5-3 mile warmup/cool-down <b>PIYO</b> - Core (30)	11 <b>RUN</b> - Easy 5 miles <b>PIYO</b> - Sculpt (30)	12 <b>RUN</b> - Easy 6 miles <b>PIYO</b> - Sweat (35)	13 <b>RUN</b> - Long 14 miles <b>PIYO</b> - Off - STRETCH
14 <b>Week 13</b> - RUN - Easy 7 miles <b>PIYO</b> - Define: UB (20)	15 <b>RUN</b> - 3 x 2mi w/ 1.5-3 mile warmup/cool-down <b>PIYO</b> - Core (30)	16 <b>OFF</b>	17 <b>RUN</b> - Tempo 6 mile w/ 1.5-3 mile warmup/cool-down <b>PIYO</b> - Core (30)	18 <b>RUN</b> - Easy 6 miles <b>PIYO</b> - Sculpt (30)	19 <b>RUN</b> - Easy 5 miles <b>PIYO</b> - Drench (45)	20 <b>RUN</b> - Easy 10 miles <b>PIYO</b> - Off - STRETCH
21 <b>Week 14</b> - RUN - Easy 5 miles <b>PIYO</b> - Sweat (35)	22 <b>RUN</b> - 2 x 3mi w/ 1.5-3 mile warmup/cool-down <b>PIYO</b> - Core (30)	23 <b>OFF</b>	24 <b>RUN</b> - Tempo 7 mile w/ 1.5-3 mile warmup/cool-down <b>PIYO</b> - Core (30)	25 <b>RUN</b> - Easy 5 miles <b>PIYO</b> - Sculpt (30)	26 <b>RUN</b> - Easy 6 miles <b>PIYO</b> - Sweat (35)	27 <b>RUN</b> - Long 14 miles <b>PIYO</b> - Off - STRETCH
28 <b>Week 15</b> - RUN - Easy 7 miles <b>PIYO</b> - Define: UB (20)	29 <b>RUN</b> - 3 x 2mi w/ 1.5-3 mile warmup/cool-down <b>PIYO</b> - Core (30)	30 <b>OFF</b>	31 <b>RUN</b> - Tempo 7 mile w/ 1.5-3 mile warmup/cool-down <b>PIYO</b> - Core (30)	01 <b>RUN</b> - Easy 6 miles <b>PIYO</b> - Drench (45)	02 <b>RUN</b> - Easy 5 miles <b>PIYO</b> - Sculpt (30)	03 <b>RUN</b> - Easy 10 miles <b>PIYO</b> - Off - STRETCH
04 <b>Week 16</b> - RUN - Easy 5 miles <b>PIYO</b> - Sweat (35)	05 <b>RUN</b> - 4 x 1.5mi w/ 1.5-3 mile warmup/cool-down <b>PIYO</b> - Core (30)	06 <b>OFF</b>	07 <b>RUN</b> - Tempo 7 mile w/ 1.5-3 mile warmup/cool-down <b>PIYO</b> - Core (30)	08 <b>RUN</b> - Easy 5 miles <b>PIYO</b> - Sculpt (30)	09 <b>RUN</b> - Easy 6 miles <b>PIYO</b> - Sweat (35)	10 <b>RUN</b> - Long 14 miles <b>PIYO</b> - Off - STRETCH