

2017 SEPTEMBER



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	01	02
<p>Buck the Hills Run Series Beginner Training Plan leading up to the Atlanta Halloween Half or Savannah Half. Recommended distances and workouts provided - with options to increase mileage for more intermediate runners. Runs offered at West Stride and TrainATL are noted!</p>						<p>Long Run 5 miles</p>
03	04	05	06	07	08	09
	<p>Weekly Mileage: 18 miles 3 miles</p>		 6:30pm Run at West Stride: 4 miles with 1 mi @ race pace	5 miles		 7:30am Run at West Stride: Long Run Goal: 6 miles
10	11	12	13	14	15	16
	<p>Weekly Mileage: 19 miles 3 miles</p>		 6:30pm Run at West Stride: 4 miles with 1 mi @ race pace	5 miles		<p>Long Run 7 miles</p>
17	18	19	20	21	22	23
	<p>Weekly Mileage: 22 miles 3 miles</p>		 6:30pm Run at West Stride: 4 miles with 1 mi @ race pace	5 miles		 7:30am Run at West Stride: Long Run Goal: 8 miles
24	25	26	27	28	29	30
	<p>Weekly Mileage: 22 miles 4 miles</p>		6:30pm Run at Red Brick: 3-4 miles with 1 mi @ race pace	5 miles		 7:30am Long Run at TrainATL: Long Run Goal: 9 miles
01	02	03	04	05	06	07
<p>TRAINING PLAN NOTES: 1 - Pace of runs should be 20-40 seconds per mile slower than goal race pace (except when running pace segments) 2 - Long run mileage progression is for beginner runners. Intermediate runners add 2 miles to long runs. 3 - Pace segments are based on beginner training program. Intermediate runners add 2 miles to pace segments.</p>						

2017 OCTOBER



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01	02 Weekly Mileage: 19 miles 4 miles	03	04  6:30pm Run at West Stride: 4 miles with 2 mi @ race pace	05 5 miles	06	07  7:30am Run at West Stride: Long Run Goal: 6 miles
08	09 Weekly Mileage: 26 miles 6 miles	10	11  6:30pm Run at West Stride: 4 miles with 2 mi @ race pace	12 5 miles	13	14  7:30am Long Run at TrainATL: Long Run Goal: 11 miles
15	16 Weekly Mileage: 19 miles 4 miles	17	18  6:30pm Run at West Stride: 4 miles with 2 mi @ race pace	19 5 miles	20	21  7:30am Run at West Stride: Long Run Goal: 6 miles
22	23 Weekly Mileage: 10 miles + 13.1 Race! 4 miles	24	25 6:30pm Run at Red Brick: 3 miles	26 3 miles	27	28
29  ATLANTA HALLOWEEN HALF MARATHON	<p>TRAINING PLAN NOTES:</p> <p>1 - Pace of runs should be 20-40 seconds per mile slower than goal race pace (except when running pace segments)</p> <p>2 - Long run mileage progression is for beginner runners. Intermediate runners add 2 miles to long runs.</p> <p>3 - Pace segments are based on beginner training program. Intermediate runners add 2 miles to pace segments.</p>					04  SAVANNAH HALF MARATHON

Looking for a more in-depth and personalized training plan? Contact Coach JB at TrainATL at jb@trainatl.com