



KP THRIVE TEAM RUN/WALK SCHEDULE (September 17, 2016-December 4, 2016)

	Location	Date	Relay Leg (about 6.2 miles)	Half Marathon (13.1 miles)
	Orientation(s)	Week of 9/12		
Week 1	William Pond Park	9-17 Sat.	2 mi.	3 mi.
		9-18 Sun.	OFF	OFF
		TOTAL	2 miles	3 miles
Week 2		9-19 Mon.	OFF	OFF
		9-20 Tues.	Cross Train	Cross Train
	Maidu	9-21 Wed.	2 mi.	2 mi.
		9-22 Thurs.	2 mi.	2 mi.
		9-23 Fri.	OFF	OFF
	Folsom Parking Garage	9-24 Sat.	3 mi.	4 mi.
		9-25 Sun.	Cross Train	Cross Train
	TOTAL	7 miles	8 miles	

	Location	Date	Relay Leg (about 6.2 miles)	Half Marathon (13.1 miles)
WEEK 3		9-26 Mon.	OFF	OFF
		9-27 Tues.	Cross Train	Cross Train
	Maidu	9-28 Wed.	2 mi.	2 mi.
		9-29 Thurs.	3 mi.	3 mi.
		9-30 Fri.	OFF	OFF
	William Pond Park	10-1 Sat.	3 mi.	5 mi.
		10-2 Sun.	Cross Train	Cross Train
	TOTAL	8 miles	10 miles	

	Location	Date	Relay Leg (about 6.2 miles)	Half Marathon (13.1 miles)
WEEK 4		10-3 Mon.	OFF	OFF
		10-4 Tues.	Cross Train	Cross Train
	Maidu	10-5 Wed.	2 mi.	2 mi.
		10-6 Thurs.	3 mi.	3 mi.
		10-7 Fri.	OFF	OFF
	Folsom Parking Garage	10-8 Sat.	4 mi.	6 mi.
		10-9 Sun.	Cross Train	Cross Train
	TOTAL	9 miles	11 miles	

	Location	Date	Relay Leg (about 6.2 miles)	Half Marathon (13.1 miles)
WEEK 5		10-10 Mon.	OFF	OFF
		10-11 Tues.	Cross Train	Cross Train
	Maidu	10-12 Wed.	3 mi.	3 mi.
		10-13 Thurs.	3 mi.	4 mi.
		10-14 Fri.	OFF	OFF
	William Pond Park	10-15 Sat.*	4 mi.	7 mi.
		10-16 Sun.	Cross Train	Cross Train
		TOTAL	10 miles	14 miles

*Breakfast of Champions: At the end of your walk/run, join us for breakfast provided by your Coaches! Yum!!!

	Location	Date	Relay Leg (about 6.2 miles)	Half Marathon (13.1 miles)
WEEK 6		10-17 Mon.	OFF	OFF
		10-18 Tues.	Cross Train	Cross Train
	Maidu	10-19 Wed.	3 mi.	4 mi.
		10-20 Thurs.	3 mi.	5 mi.
		10-21 Fri.	OFF	OFF
	Folsom Parking Garage	10-22 Sat.	5 mi.	8 mi.
		10-23 Sun.*	Race or Cross Train	Race or Cross Train
		TOTAL	11 miles	17 miles

*Race Option: Folsom Blues Breakout Half Marathon and 5K, Sunday, October 23, 2016.

	Location	Date	Relay Leg (about 6.2 miles)	Half Marathon (13.1 miles)
WEEK 7		10-24 Mon.	OFF	OFF
		10-25 Tues.	Cross Train	40-50 min.
	Maidu	10-26 Wed.	3 mi.	5 mi.
		10-27 Thurs.	3 mi.	4 mi.
		10-28 Fri.	OFF	OFF
	William Pond Park	10-29 Sat.	6 mi.	9 mi.
		10-30 Sun.	Cross Train	Cross Train
		TOTAL	12 miles	18 miles

	Location	Date	Relay Leg (about 6.2 miles)	Half Marathon (13.1 miles)
WEEK 8		10-31 Mon.	OFF	OFF
		11-1 Tues.	Cross Train	40-50 min.
	Maidu	11-2 Wed.	4 mi.	4 mi.
		11-3 Thurs.	3 mi.	5 mi.
		11-4 Fri.	OFF	OFF
	Folsom Parking Garage	11-5 Sat.	6 mi.	10 mi.
		11-6 Sun.	Cross Train	Cross Train
		TOTAL	13 miles	19 miles

	Location	Date	Relay Leg (about 6.2 miles)	Half Marathon (13.1 miles)
WEEK 9		11-7 Mon.	OFF	OFF
		11-8 Tues.	Cross Train	Cross Train
	Maidu	11-9 Wed.	4 mi.	5 mi.
		11-10 Thurs.	3 mi.	5 mi.
		11-11 Fri.	OFF	OFF
	William Pond Park	11-12 Sat.	7 mi.	12 mi.
		11-13 Sun.	Cross Train	Cross Train
		TOTAL	14 miles	22 miles

	Location	Date	Relay Leg (about 6.2 miles)	Half Marathon (13.1 miles)
WEEK 10		11-14 Mon.	OFF	OFF
		11-15 Tues.	Cross Train	Cross Train
	Maidu	11-16 Wed.	4 mi.	5 mi.
		11-17 Thurs.	4 mi.	4 mi.
		11-18 Fri.	OFF	OFF
	Folsom Parking Garage	11-19 Sat.	7 mi.	14 mi.
		11-20 Sun.	Cross Train	Cross Train
		TOTAL	15 miles	23 miles

	Location	Date	Relay Leg (about 6.2 miles)	Half Marathon (13.1 miles)
WEEK 11		11-21 Mon.	OFF	OFF
		11-22 Tues.	Cross Train	Cross Train
	Maidu	11-23 Wed.	4 mi.	5 mi.
		11-24 Thurs.*	4 mi.	5 mi.
		11-25 Fri.	OFF	OFF
	NO COACHED TRAINING	11-26 Sat.	6 mi.	10 mi.
		11-27 Sun.	Cross Train	Cross Train
		TOTAL	14 miles	20 miles

*Race Option: Run To Feed The Hungry 5k or 10k Thursday, November 24, 2016 (Thanksgiving)

	Location	Date	Relay Leg (about 6.2 miles)	Half Marathon (13.1 miles)
WEEK 12		11-28 Mon.	OFF	OFF
		11-29 Tues.	Cross Train	Cross Train
	Maidu	11-30 Wed.	4 mi.	4 mi.
		12-1 Thurs.	3 mi.	4 mi.
		12-2 Fri.	OFF	OFF
	NO COACHED TRAINING	12-3 Sat.	Cross Train or OFF	Cross Train or OFF
	CONGRATULATIONS-YOU DID IT!	12-4 Sun.*	RACE DAY!!!	RACE DAY!!!
		TOTAL	7 miles	8 miles

*CIM Race: Sunday, December 4, 2016

Cross Train: Cycling, swimming, hiking etc.,.