

2018 SAN FRANCISCO GIANT RACE HALF MARATHON

TRAINING SCHEDULE

The 12-week Season of Training



PRESENTED BY

Alaska[®]
AIRLINES

Prepare for race day with the Giant Race Half Marathon Training Schedule. The 12-weeks leading up to race day will be filled with daily activities aimed to prepare you to feel your best as you approach the start line at the stadium on September 9th.

HOMERUN TROT (EASY RUN)



This run should feel easy, refreshing and oh so good. Keep your pace 45 – 60 seconds/mile slower than your goal pace.

The Giant Way: Try out a local run club or grab a friend – make this run fun, hold your speed at a conversational pace, & high five a fellow runner or two throughout your journey.

STEAL A BAG (SPEED WORK/INTERVALS)



Say Hey, how 'bout some tempo! Warm up for 10 minutes by jumping rope, jogging or biking. Turn up the intensity for these workouts – whether it's a hill run, a sprint interval or running late to work – you should be sweaty!

The Giant Way: We like to find some of San Francisco's biggest hills for hill runs & join local group fitness classes for sprint work – follow along on social media for tips on some of our favorite local spots to sweat (@giantrace).

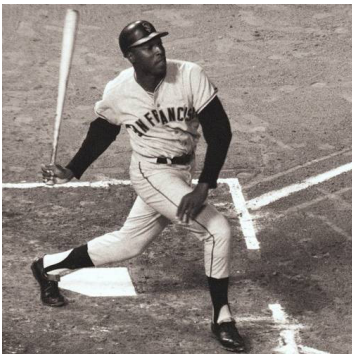
GO DEEP (LONG RUN)



It's time to build up your endurance & feel that runner's high everyone keeps going on about. By incorporating a weekly long run, your body will begin to get used to continuous running – that means you can get to the finish line faster for that Lou Seal hug!

The Giant Way: Find a fun route! Snap a photo of your post-run view and share it with us #GRTraining. Check out @giantrace throughout the season to see some of our favorite city views.

7TH INNING STRETCH (YOGA/CROSS TRAINING)



Give your body the love it deserves! Set aside time in your day for a yoga session and if you're feeling up for it, add in some weight training to keep your muscles strong and aligned.

The Giant Way: Whether it's a yoga class or stretch during the 7th inning of a Giants baseball game at AT&T Park, there's plenty of ways to show your body some love – follow along on social media for tips on some of our favorite local spots to bend & stretch (@giantrace).

GRAB SOME PINE (REST DAY)



Giants game anyone? You've earned this rest day. Snap a photo showcasing your favorite way to rest and tag #GRTraining for a chance to win tickets to an upcoming Giants game!

The Giant Way: Bleacher seats & an Organic Coup Chicken Wrap at AT&T Park are our favorite ways to rest.

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WEEK 1

DAY	ACTIVITY	DURATION
Mon, Jun 18	Homerun Trot	30 Mins
Tues, Jun 19	7th Inning Stretch	Hit The Gym
Wed, Jun 20	Steal A Bag	4x30 Sec Intervals 1 Min Walk Recovery
Thurs, Jun 21	7th Inning Stretch	30 – 60 Mins of Yoga
Fri, Jun 22	Homerun Trot	20 Mins
Sat, Jun 23	Grab Some Pine	Take A Day Off
Sun, Jun 24	Go Deep	4 Miles

WEEK 2

Mon, Jun 25	Homerun Trot	20 Mins
Tues, Jun 26	7th Inning Stretch	Hit The Gym
Wed, Jun 27	Steal A Bag	3x 30sec Hill Sprints 1 Min Walk Recovery
Thurs, Jun 28	7th Inning Stretch	30 – 60 Mins of Yoga
Fri, Jun 29	Homerun Trot	20 Mins
Sat, Jun 30	Grab Some Pine	Take A Day Off
Sun, Jul 1	Go Deep	5 Miles

WEEK 3

Mon, Jul 2	Homerun Trot	30 Mins
Tues, Jul 3	7th Inning Stretch	Hit The Gym
Wed, Jul 4	Steal A Bag	6x30 Sec Intervals 1 Min Walk Recovery
Thurs, Jul 5	7th Inning Stretch	30 – 60 Mins of Yoga
Fri, Jul 6	Homerun Trot	20 Mins
Sat, Jul 7	Grab Some Pine	Take A Day Off
Sun, Jul 8	Go Deep	6 Miles

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WEEK 4

DAY	ACTIVITY	DURATION
Mon, Jul 9	Homerun Trot	35 Mins
Tues, Jul 10	7th Inning Stretch	Hit The Gym
Wed, Jul 11	Steal A Bag	5x 45sec Hill Sprints 1 Min Walk Recovery
Thur, Jul 12	7th Inning Stretch	30 – 60 Mins of Yoga
Fri, Jul 13	Homerun Trot	30 Mins
Sat, Jul 14	Grab Some Pine	Take A Day Off
Sun, Jul 15	Go Deep	7 Miles

WEEK 5

Mon, Jul 16	Homerun Trot	30 Mins
Tues, Jul 17	7th Inning Stretch	Hit The Gym
Wed, Jul 18	Steal A Bag	3x 30sec Intervals 2 Min Walk Recovery
Thurs, Jul 19	7th Inning Stretch	30 – 60 Mins of Yoga
Fri, Jul 20	Homerun Trot	30 Mins
Sat, Jul 21	Grab Some Pine	Take A Day Off
Sun, Jul 22	Go Deep	8 Miles

WEEK 6

Mon, Jul 23	Homerun Trot	30 Mins
Tues, Jul 24	7th Inning Stretch	Hit The Gym
Wed, Jul 25	Steal A Bag	5x 60sec Intervals 2 Min Walk Recovery
Thurs, Jul 26	7th Inning Stretch	30 – 60 Mins of Yoga
Fri, Jul 27	Homerun Trot	30 Mins
Sat, Jul 28	Grab Some Pine	Take A Day Off
Sun, Jul 29	Go Deep	9 Miles

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WEEK 7

DAY	ACTIVITY	DURATION
Mon, Jul 30	Homerun Trot	40 Mins
Tues, Jul 31	7th Inning Stretch	Hit The Gym
Wed, Aug 1	Steal A Bag	3x 60sec Hill Sprints 2 Min Jog Recovery
Thurs, Aug 2	7th Inning Stretch	30 – 60 Mins of Yoga
Fri, Aug. 3	Homerun Trot	35 Mins
Sat, Aug 4	Grab Some Pine	Take A Day Off
Sun, Aug 5	Go Deep	10 Miles

WEEK 8

Mon, Aug 6	Homerun Trot	40 Mins
Tues, Aug 7	7th Inning Stretch	Hit The Gym
Wed, Aug 8	Steal A Bag	4x60sec Intervals 1 Min Jog Recovery
Thurs, Aug 9	7th Inning Stretch	30 – 60 Mins of Yoga
Fri, Aug 10	Homerun Trot	35 Mins
Sat, Aug 11	Grab Some Pine	Take A Day Off
Sun, Aug 12	Go Deep	11 Miles

WEEK 9

Mon, Aug 13	Homerun Trot	40 Mins
Tues, Aug 14	7th Inning Stretch	Hit The Gym
Wed, Aug 15	Steal A Bag	5x 60sec Hill Sprints 2 Min Jog Recovery
Thurs, Aug 16	7th Inning Stretch	30 – 60 Mins of Yoga
Fri, Aug 17	Homerun Trot	35 Mins
Sat, Aug 18	Grab Some Pine	Take A Day Off
Sun, Aug 19	Go Deep	12 Miles

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WEEK 10

DAY	ACTIVITY	DURATION
Mon, Aug 20	Homerun Trot	30 Mins
Tues, Aug 21	7th Inning Stretch	Hit The Gym
Wed, Aug 22	Steal A Bag	5x45sec Intervals 1 Min Jog Recovery
Thurs, Aug 23	7th Inning Stretch	30 – 60 Mins of Yoga
Fri, Aug 24	Homerun Trot	40 Mins
Sat, Aug 25	Grab Some Pine	Take A Day Off
Sun, Aug 26	Go Deep	13 Miles

WEEK 11

Mon, Aug 27	7th Inning Stretch	30 – 60 Mins of Yoga
Tues, Aug 28	7th Inning Stretch	Hit The Gym
Wed, Aug 29	Steal A Bag	3x 30sec Hill Sprints 2 Min Walk Recovery
Thurs, Aug 30	7th Inning Stretch	30 – 60 Mins of Yoga
Fri, Aug 31	Homerun Trot	40 Mins
Sat, Sept 1	Grab Some Pine	Take A Day Off
Sun, Sept 2	Go Deep	6 Miles

WEEK 12

Mon, Sept 3	Homerun Trot	45 Mins
Tues, Sept 4	7th Inning Stretch	Hit The Gym
Wed, Sept 5	Steal A Bag	6x 30sec Intervals 1 Min Jog Recovery
Thurs, Sept 6	Grab Some Pine	Take A Day Off
Fri, Sept 7	Homerun Trot	30 Mins
Sat, Sept 8	7th Inning Stretch	30 – 60 Mins of Yoga
Sun, Sept 9	RACE DAY!	