

**CCCMA Training Group 2017 (revised 4-9)**  
**Schedule**

	<b>Date</b>	<b>Marathon Mileage</b>	<b>Half Marathon Mileage</b>	<b>Training Talk &amp; Activities</b>
	January 7			Breakfast and Training Plan at South Sound Running
1	January 14	7.7	6.3	Getting Started
2	January 21	7.8		Stretching & Injury Prevention
3	January 28	10	7	
4	February 4	7.8	6.7	Nutrition
5	February 11	12.5	9.5	Post run food
6	February 18	7.8		Pacing
7	February 25	14.2	10.25	Post run food
8	March 4	8		TBD
9	March 11	15.7	10	Post run food and massage
10	March 18	8		Running hills
11	March 25	18.2	12	Post run food
12	April 1	8.6		Clothing
13	April 8	20.6	12.5	Post run food and massage
14	April 15	8.2		Three Week Taper
15	April 22	12.6	9.5	Post run food
16	April 29	22	14	Post run food and massage
17	May 6	10.4	7.4	
18	May 13	7.2		Last minute prep
	<i>May 20</i>			<i>Capital City Marathon Weekend</i>

All training group sessions begin at 7:30 am at South Sound Running.

- Mini-talks begin at 7:30 am and last 15-20 minutes before the group run begins on short run days; topics listed above.
- Group long runs begin at 7:30am.

Water stops during training runs staffed by area high school cross country teams.