

## CCMA Training Group 2018 Schedule

	<b>Date</b>	<b>Marathon Mileage</b>	<b>Half Marathon Mileage</b>	<b>Training Talk &amp; Activities</b>
	January 13			Breakfast and Training Plan at South Sound Running
1	January 20	8	5	Getting Started (Greg Klein)
2	January 27	8	6	Stretching & Injury Prevention (Rich Brown)
3	February 3	9	6	Nutrition-Long Runs & Race Day (Greg Klein)
4	February 10	10	5	Nutrition (Tricia Jelcick)
5	February 17	8	6	Pacing (Greg Klein)
6	February 24	12	7	Post run food
7	March 3	8	6	Running hills (Greg Klein)
8	March 10	14	8	Post run food and massage – Human Body Works
9	March 17	8	6	Clothing (Greg)
10	March 24	15.7	10	Post run food
11	March 31	8	8	
12	April 7	18.2	10	Post run food and massage – Human Body Works
13	April 14	8.6	8.6	
14	April 21	20.6	12.5	Post run food and massage – Human Body Works
15	April 28	8	8	Two week taper (Greg Klein)
16	May 5	22	14	Post run food
17	May 12	7.2	7.2	Last minute prep (Greg Klein) and SSR annual sale ( <i>training group gets first chance at sale items</i> )
	<i>May 19-20</i>			<b><i>Capital City Marathon Weekend</i></b>

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.