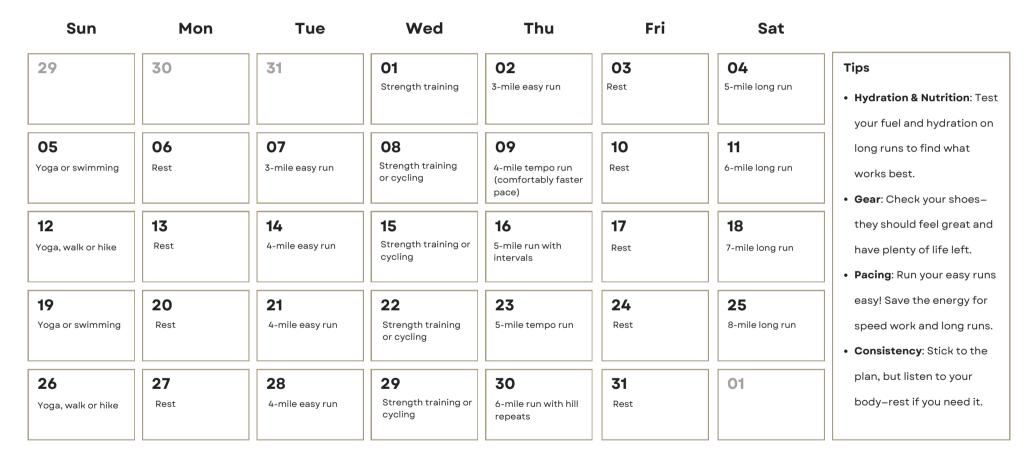
JANUARY 2025

RUN LIVERMORE: 8-WEEK TRAINING PLAN





FEBRUARY 2025



RUN LIVERMORE: 8-WEEK TRAINING PLAN

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
26	27	28	29	30	31	01	Tips
						9-mile long run	• Taper Time: Embrace
02	03	04	05	06	07	08	feeling fresh, not losing
Yoga or swimming	Rest	5-mile easy run	Strength training or cycling	6-mile tempo run	Rest	10-mile long run	fitness.
							Mental Focus: Visualize
09	10	11	12	13	14	15	yourself crossing the finish
Yoga, walk or hike	Rest	4-mile easy run	Strength training	4-mile run with intervals	Rest	8-mile long run	line strong and smiling!
							• Recovery: Stretch,
16	17	18	19	20	21	22	hydrate, and prioritize
Yoga, strength training or cycling	Rest	3-mile easy run	Swimming or yoga	2-mile easy run	Rest	Rest or light walking	sleep as mileage peaks.
23	24	25	26	27	28	01	MARCH 02
Rest	2-mile easy run	Rest	Yoga or stretching	Rest	Rest	Rest or light walking	Race Day – Livermore Half Marathon! 🏅 🎉