

# Asbury Park Half Marathon Training Program

## April 18, 2009

Email the following information to: [jsrc@hotmail.com](mailto:jsrc@hotmail.com)

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Finish Time for a Recent Race: \_\_\_\_\_

(Half Marathon Preferred but any will do – if you have not run a race guess at a 5K time):

Distance of the Above Event: \_\_\_\_\_

Current Weekly Mileage: \_\_\_\_\_

How Hard Do You Want to Train: Moderate – Hard – Very Hard

A training Program will be emailed back to you. Use the program as a guide. You can do the runs on your own or come to our Group Training Runs:

Sunday: 8 AM at Bodman Park in Middletown – just off of Navesink River Road

Thursday: Belmar – Spring Lake Boardwalk – Meet at Dunkin Donuts in Belmar on Ocean Avenue and 16<sup>th</sup> Avenue at 6 PM

Updates at: [www.jsrc.org](http://www.jsrc.org)

Asbury Park Half Marathon Info at: [www.JerseyShoreRelay.org](http://www.JerseyShoreRelay.org)