



Silicon Valley Half
presented by Excite Credit Union
September 18–27, 2020



Real Virtual Racing™ Training Program

WEEK #6: September 14–20
RACE WEEK

General Maintenance Run:

- Casual conversation pace jog suggested distance 3-5 miles

Workout of the Week: Race Day!

- You got this!
- Racing one of the live courses? Check your email and visit www.svhalfmarathon.com for detailed instructions.
- Be mindful of guidelines as directed by Santa Clara County including:
 - 1) stay home if not feeling well
 - 2) face coverings
 - 3) minimum of 6ft+ of social distancing
 - 4) hand sanitizer/hand hygiene etiquette.
- Highly suggest having a water/electrolytes to stay hydrated and light snack for longer runs. Be sure to check weather forecast in advance and dress accordingly.

www.svhalfmarathon.com
@runlocalevents #svhalf #runlocal

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