

01) Program Overview

The San Jose Fit is a comprehensive running and walking program with a weekly training schedule designed to build strength, endurance, speed, and resilience. Wednesday Track and Monday Rancho Hills are included in your registration, optional but encouraged.

- Monday – Optional

- **Rancho Hill Runs and walks.** This is a great way to build strength, endurance, and confidence on the trails and so fun too.

- Tuesday - Optional

- **Core Conditioning** focuses on building strength, stability, and balance to support injury prevention and running/walking performance throughout the season.
- **Yoga** – Coach Lalitha designed her Yoga class specifically for runners and walkers to support flexibility, strength, and recovery throughout the training season.

- Wednesday - Optional

- **Track** - The focus is on speed development, efficiency, and injury-safe progression.

OR

- **ATP** - structured strength and conditioning program designed to complement your training and support performance and injury prevention.

- **Saturday runs and walks**

are where endurance is built, confidence grows, friendships form, and our community comes together.

- Los Gatos Creek Trail (mostly flat) @ 7:10 am

OR

- Rancho San Antonio Preserve (Hilly terrain) @ 6:30 am

02) Organization of San Jose Fit

Georgiana manages the overall operation with a lot of help from the coaches and other volunteers.

San Jose Fit is organized into three main groups:

- Full Marathon group (Yellow Shoe tags; Head Coach Trevor)
- Half Marathon group (Orange Shoe tags; Head Coach Sarah)
- Walking group (Purple Shoe tags; Head Coach Kriba)

Each group is further divided into pace groups, and each pace group has two pace coaches. This allows every runner to train at their natural pace. One coach leads the group, while the other stays with anyone who needs a little extra support.

On Saturday runs, your pace should be comfortable enough that you can hold a conversation while running. If you find that your group is too fast for that, don't be afraid to move down a pace level. And if your pace group feels too easy, that may be your sign to move up. If you would like to change your pace group talk to your current pace coach.

If you would like to increase the pace at which you are still being able to talk comfortably, the Wednesday Track or ATP program is a great way to get there.

03) Schedule

The full training schedule for each group is posted on sanjosefit.com

Saturday mileage varies by pace group and generally increases each week, but not in a straight line. Instead, it follows a zigzag pattern with recovery weeks interspersed to give your body time to adapt, help reduce the risk of injury, and prepare you for the next step.

Just as important, they build confidence. What once felt difficult becomes familiar, and what once felt impossible begins to feel within reach.

Here is a sample half marathon training schedule taken from sanjosefit.com.

2026 Half Marathon Training Schedule

[Download Schedule](#)

Date (Sat)	Color Group	Sat	Sun	Mon	Tue	Wed	Thu	Fri
5/2/2026	HALF RUN/ WALK	3 MILES	OFF	20	OFF	20	20	OFF
5/9/2026	HALF RUN/ WALK	4 MILES	OFF	25/hills	OFF	20	20	OFF
5/16/2026	HALF RUN/ WALK	4 MILES	OFF	25/hills	OFF	25	20	OFF
5/23/2026	HALF RUN/ WALK	5 MILES	OFF	35/hills	OFF	30	20	OFF
5/30/2026	HALF RUN/ WALK	5 MILES	San Jose Marathon and 8k	40/hills	OFF	30	20	OFF
6/6/2026	HALF RUN/ WALK	6 MILES	OFF	35/hills	OFF	30	20	OFF
6/13/2026	HALF RUN/ WALK	6 MILES	OFF	40/hills	OFF	30/track	20	OFF
6/20/2026	HALF RUN/ WALK	7 MILES	OFF	45/hills	OFF	30/track	20	OFF
6/27/2026	HALF RUN/ WALK	7 MILES	OFF	35/hills	OFF	30/track	20	OFF

In addition to the Saturday runs, the schedule also lists the minimum amount of time in minutes you should be exercising each day during the week. That can be any kind of fitness training. If you are signed up for one of the optional San Jose Fit programs, that day is covered.

04) Trail Etiquette and Safety

Key reminders:

- Single file when passing or being passed
- Never more than two abreast
- Always call out:
 - “Runner/walker back” – runner/walker is passing you on the left
 - “Bike back” – bike is passing you
 - “Runner/walker up” – runner/walker is coming towards you
 - “Bike up” – bike is coming towards you
- Pass only when safe and visible, “passing on your left”
- Move as far right as possible and go single file when being passed
- Always say “Good Morning, thank you” when you pass someone
- Whenever you hear someone call something out, that ALWAYS means to go single file and move to the right. Make sure to pass the information to the rest of your group, not everyone in a large group will hear the message from the front or back.
- Be quiet passing homes early mornings
- There may be folks that are annoyed by a large group, be polite—never engage negatively