

More Half Marathon Training Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2/14/10	2/15/10 4 miles	2/16/10	2/17/10 6 miles	2/18/10	2/19/10	2/20/10 6 miles
2/21/10	2/22/10 4 miles	2/23/10	2/24/10 6 miles	2/25/10	2/26/10	2/27/10 8 miles
2/28/10 6 miles	3/1/10	3/2/10 6 miles	3/3/10	3/4/10	3/5/10	3/6/10 12 miles
3/7/10 4 miles	3/8/10	3/9/10 6 miles	3/10/10	3/11/10	3/12/10	3/13/10 13 miles
3/14/10 4 miles	3/15/10	3/16/10 6 miles	3/17/10	3/18/10	3/19/10	3/20/10 14 miles
3/21/10 4 miles	3/22/10	3/23/10 6 miles	3/24/10	3/25/10	3/26/10	3/27/10 10 miles
3/28/10	3/29/10 4 miles	3/30/10 6 miles	3/31/10	4/1/10 6 miles	4/2/10	4/3/10 14 miles
4/4/10	4/5/10 4 miles	4/6/10	4/7/10	4/8/10 5 miles	4/9/10	4/10/10 10 miles
4/11/10	4/12/10 4 miles	4/13/10	4/14/10	4/15/10 5 miles	4/16/10	4/17/10 10 miles
4/18/10 4 miles	4/19/10	4/20/10 4 miles	4/21/10	4/22/10 5 miles	4/23/10	4/24/10 3 miles
4/25/10 13.1 miles	4/26/10	4/27/10	4/28/10	4/29/10	4/30/10	5/1/10