

1/2 MARATHON TRAINING SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	3 MILES	3 MILES	3 MILES	OFF	3 MILES	5 MILES	OFF
WEEK 2	3 MILES	4 MILES	3 MILES	OFF	3 MILES	6 MILES	OFF
WEEK 3	3 MILES	5 MILES	3 MILES	OFF	3 MILES	7 MILES	OFF
WEEK 4	4 MILES	4 MILES	4 MILES	OFF	4 MILES	8 MILES	OFF
WEEK 5	4 MILES	6 MILES	4 MILES	OFF	4 MILES	9 MILES	OFF
WEEK 6	4 MILES	6 MILES	4 MILES	OFF	4 MILES	10 MILES	OFF
WEEK 7	4 MILES	6 MILES	4 MILES	OFF	3 MILES	11 MILES	OFF
WEEK 8	4 MILES	5 MILES	4 MILES	OFF	4 MILES	12 MILES	OFF
WEEK 9	4 MILES	5 MILES	4 MILES	OFF	3 MILES	6 MILES	OFF
WEEK 10	3 MILES	5 MILES	3 MILES	OFF	2 MILES	13.1 MILES!	OFF