

**Long Island Half 05/06/12 Training Plan A**

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

04/07, Sat, 8:00, 6.2M, Scotland Run 10K
04/15, Sun, 8:00, 13.1M, More Half Marathon (women only)
04/22, Sun, 8:00, 4M, City Parks Run for the Parks (4M) 04/22, Sun, 10:00, 5M, Alley Pond 5 Mile Challenge
04/29, Sun, 8:00, 4M, Run as One 4M
05/12, Sat, 8:00, 6.2M, Healthy Kidney 10K 05/13, Sun, 8:00, 4M, Japan Day 4M