

Long Island Half Marathon 05/06/12 Training Plan C

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

02/25, Sat, 8:00, 4M, Al Gordon Classic 4M
03/04, Sun, 9:00, 3.1M, Coogan's Salsa, Blues, and Shamrocks 5K
03/18, Sun, 7:30, 13.1M, New York City Half Marathon
04/01, Sun, 9:00, 4M, Colon Cancer 4M 04/01, Sun, 10:15, 9.3M, Colon Cancer 15K
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