

More Half Marathon 04/15/12 Training Plan A

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