

More Half Marathon 04/15/12 Training Plan B

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