

New York City Half Marathon 03/18/12 Training Plan A

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