

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

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