

LET'S GO DO A ^{half} MARATHON!

DAY	TRAIN	ACTUAL
FEBRUARY		WEEK 1

9	3 miles	
10		
11	3 miles	
12		
13		
14	4 miles	

FEBRUARY		WEEK 2
----------	--	--------

16	3.5 miles	
17		
18	3 miles	
19		
20		
21	4 miles	

FEBRUARY		WEEK 3
----------	--	--------

23	3 miles	
24		
25	3 miles	
26		
27		
28	5 miles	

MARCH		WEEK 4
-------	--	--------

2	4 miles	
3		
4	4 miles	
5		
6		
7	5 miles	

DAY	TRAIN	ACTUAL
MARCH		WEEK 5

9	3.5 miles	
10		
11	4 miles	
12		
13		
14	6 miles	

MARCH		WEEK 6
-------	--	--------

16	4 miles	
17		
18	4 miles	
19		
20		
21	5K race	

MARCH		WEEK 7
-------	--	--------

23	3 miles	
24		
25		
26	4 miles	
27		
28	7 miles	

APRIL		WEEK 8
-------	--	--------

30	4 miles	
31		
1	4 miles	
2		
3		
4	8 miles	

DAY	TRAIN	ACTUAL
APRIL		WEEK 9

6	4 miles	
7		
8	4 miles	
9		
10		
11	10K race	

APRIL		WEEK 10
-------	--	---------

13	4 miles	
14		
15	3.5 miles	
16		
17		
18	9 miles	

APRIL		WEEK 11
-------	--	---------

20	5 miles	
21		
22	5 miles	
23		
24		
25	10 miles	

APRIL		WEEK 12
-------	--	---------

27		
28	4 miles	
29		
30	4 miles	
1	2 miles	
2		

RACE!