



OFFICIAL TRAINING PROGRAM

PRESENTED BY



HALF MARATHON SCHEDULE – 16 WEEK PROGRAM

WEEK	DATE	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL
1	01/06-01/12	3	3	OFF	2	OFF	4	OFF	12
2	01/13-01/19	3	3	OFF	3	OFF	4	OFF	13
3	01/20-01/26	3	3	2	3	OFF	4	OFF	15
4	01/27-02/02	3	2	3	2	OFF	6	OFF	16
5	02/03-02/09	3	2	3	3	OFF	6	OFF	17
6	02/10-02/16	3	4	3	3	OFF	4	OFF	17
7	02/17-02/23	3	4	2	3	OFF	8	OFF	20
8	02/24-03/02	3	3	2	2	OFF	10	OFF	20
9	03/03-03/09	3	4	3	4	OFF	8	OFF	22
10	03/10-03/16	3	4	3	2	OFF	12	OFF	24
11	03/17-03/23	3	3	OFF	3	OFF	10	OFF	19
12	03/24-03/30	3	3	OFF	3	OFF	8	OFF	17
13	03/31-04/06	3	3	OFF	2	OFF	6	OFF	14
14	04/07-04/13	2	2	OFF	2	OFF	13.1	OFF	19.1
15 (POST)	04/14-04/20	OFF	1	OFF	1	OFF	2	OFF	4
16 (POST)	04/21-04/27	1.5	1.5	OFF	1.5	OFF	3	OFF	7.5
								TOTAL	256.6

PLEASE CONSULT WITH A PHYSICIAN BEFORE BEGINNING THIS OR ANY OTHER FITNESS PROGRAM.

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