

**New York City Half Marathon 03/20/16 Training Plan A**

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