

New York City Half Marathon 03/20/16 Training Plan B

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