

Staten Island Half Marathon 10/08/17 Training Plan B

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