

Mel's Half Marathon Training Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26-Jan	2 miles	Rest/XT	2 miles	Rest/XT	Rest/XT	2 miles	Rest
1-Feb	2 miles	Rest/XT	2 miles	Rest/XT	Rest/XT	3 miles	Rest
8-Feb	3 miles	Rest/XT	2 miles	Rest/XT	Rest/XT	3 miles	Rest
15-Feb	2 miles	Rest/XT	2 miles	Rest/XT	Rest/XT	3 miles	Rest
22-Feb	3 miles	Rest/XT	3 miles	Rest/XT	Rest/XT	4 miles	Rest
1-Mar	3 miles	Rest/XT	4 miles	Rest/XT	Rest/XT	4 miles	Rest
8-Mar	3 miles	Rest/XT	4 miles	Rest/XT	Rest/XT	5 miles	Rest
15-Mar	3 miles	Rest/XT	3 miles	Rest/XT	Rest/XT	4 miles	Rest
22-Mar	4 miles	Rest/XT	4 miles	Rest/XT	Rest/XT	5 miles	Rest
29-Mar	4 miles	Rest/XT	4 miles	Rest/XT	Rest/XT	6 miles	Rest
5-Apr	5 miles	Rest/XT	4 miles	Rest/XT	Rest/XT	6 miles	Rest
12-Apr	3 miles	Rest/XT	3 miles	3 miles	Rest/XT	3 miles	Rest
19-Apr	2 miles	Rest/XT	4 miles	2 miles	Rest/XT	8 miles	Rest
26-Apr	2 miles	Rest/XT	4 miles	2 miles	Rest/XT	8 miles	Rest
3-May	2 miles	Rest/XT	5 miles	2 miles	Rest/XT	8 miles	Rest
10-May	4 miles	Rest/XT	3 miles	3 miles	Rest/XT	4 miles	Rest
17-May	2 miles	Rest/XT	5 miles	2 miles	Rest/XT	9 miles	Rest
24-May	3 miles	Rest/XT	4 miles	2 miles	Rest/XT	10 or 12 miles	Rest
31-May	3 miles	Rest/XT	5 miles	2 miles	Rest/XT	10 miles	Rest
7-Jun	2 miles	Rest/XT	3 miles	Rest	Rest/XT	RACE!	Rest

Disclaimer: I am not a personal trainer, nor am I a long-distance running superstar; please use your own judgement in preparing and training for a long-distance race and consult a physician or personal trainer or running guru for specific running advice and help. (Basically, don't sue me if you strain a muscle; thanks)