

Run De Pere Half Marathon Training Plan



Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	off	3 miles	4 miles	3 miles	off	2 miles	5 miles
2	off	3 miles	4 miles	3 miles	off	2 miles	6 miles
3	off	4 miles	5 miles	4 miles	off	2 miles	7 miles
4	off	4 miles	5 miles	4 miles	off	3 miles	8 miles
5	off	5 miles	6 miles	5 miles	off	3 miles	9 miles
6	off	5 miles	6 miles	5 miles	off	3 miles	10 miles
7	off	4 miles	5 miles	4 miles	off	3 miles	11 miles
8	off	4 miles	5 miles	4 miles	off	2 miles	12 miles
9	off	3 miles	5 miles	3 miles	off	2 miles	5 miles
10	off	3 miles	4 miles	3 miles	off	2 miles	13.1 miles!