

Sub 2:00 Half Marathon 9:00 pace

Date	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Milage
15-Aug	1	3 Track	3	XT	3	Rest/XT	Bobcat 5K	3	15
22-Aug	2	3 Track	3	XT	4	Rest/XT	6	4	20
29-Aug	3	3 Track	3	XT	4	Rest/XT	8	4	22
5-Sep	4	3 Track	4	XT	4	Rest/XT	9	5	24
12-Sep	5	3 Track	4	XT	4	Rest/XT	Tiger Bass 12K	5	25
19-Sep	6	3 Track	4	XT	4	Rest/XT	9	5	25
26-Sep	7	3 Track	5	XT	4	Rest/XT	7	7	26
3-Oct	8	3 Track	6	XT	4	Rest/XT	3	Buffalo Run 10K	22
10-Oct	9	3 Track	4	XT	4	Rest/XT	12	4	27
17-Oct	10	3 Track	6	XT	3	Rest/XT	14	4	30
24-Oct	11	3 Track	4	XT	3	Rest/XT	10	5	26
31-Oct	12	3 Track	3	XT	Rest	Rest	Half Marathon	Rest	19.1

Start Date: Monday, August 15th

x-train or XT = 60 minutes of cross training (bike, swim, strengthening, core)

Race Date: Saturday, November 5th

Week 5: Tiger Bass 12K September 17th

Week 8: Buffalo Run 10K Oct 9th