



2016 HALF MARATHON TRAINING PLAN + SOCIALS

Week of	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
July 4	rest	3	3	3	rest	4	cross
July 11	rest	3	4	3	rest	5	cross
July 18	rest	3	5	4	rest	6	cross
July 25	rest	3	4	5	rest	7	cross
August 1	rest	3	5	3	rest	6	cross
August 8	rest	3	5	Aug 11 5 miles/DT	rest	8	cross
August 15	rest	4	5	4	rest	9	cross
August 22	rest	4	5	4	rest	7	cross
August 29	rest	4	6	5	rest	10	cross
Sept 5	rest	4	5	Sept 8 4 miles/86 St	rest	6	cross
Sept 12	rest	4	4	rest	EXPO	Indy Women's Half Marathon	CELEBRATE!

* **Training Run & Social #1:** August 11 @ 6:15 PM – American College of Sports Medicine (401 West Michigan Street). Check-in begins @ 5:30 PM. 5K participants = 2 miles

* **Training Run & Social #2:** September 8 @ 6:15 PM – Big Lug Canteen (1435 East 86th Street and the Monon). Check-in begins @ 5:30 PM. 5K participants = 2 miles