

# 2019 HALF-MARATHON TRAINING SCHEDULE

## FEBRUARY



S	M	T	W	T	F	S
27	28	29	30	31	1	2
3	4	5 Run 2	6	7 Run 2.5	8	9
10 Run 3	11	12 Run 2	13	14 Run 3	15	16
17 Run 4	18	19 Run 2.5	20	21 Run 3	22	23
24 Run 5	25	26 Run 3	27	28 Run 4	1	2



# 2019 HALF-MARATHON TRAINING SCHEDULE

## MARCH



S	M	T	W	T	F	S
24	25	26	27	28	1	2
3 Run 6	4	5 Run 3	6	7 Run 3	8	9
10 Run 7	11	12 Run 4	13	14 Run 4	15	16
17 Run 8	18	19 Run 4	20	21 Run 4	22	23
24 Run 9	25	26 Run 4	27	28 Run 3	29	30
31 Run 10	1	2	3	4	5	6

# 2019 HALF-MARATHON TRAINING SCHEDULE

## APRIL



S	M	T	W	T	F	S
31	1	2 Run 5	3	4 Run 4	5	6
7 Run 11	8	9 Run 4	10	11 Run 4	12	13
14 Run 12	15	16 Run 3	17	18 Run 3	19	20
21 Run 5	22	23 Run 2	24	25 Run 20 min.	26	27
28 Race 13.1	29	30	1	2	3	4

