

LINDSEY'S WINTER/SPRING 2015

HALF MARATHON TRAINING PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
JAN 5 - 11		3 Miles		3 Miles		4 miles	3 Miles
JAN 12 - 18		3 Miles		3 Miles		4 miles	3 Miles
JAN 19 - 25		4 miles		4 miles		5 miles	3 Miles
JAN 26 - Feb 1		4 miles		4 miles		5 miles	3 Miles
Feb 2 - 8		5 miles		5 miles		6 miles	3 Miles
Feb 9 - 15		5 miles		5 miles		6 miles	3 Miles
Feb 16 - 22		3 Miles	5 Miles	3 Miles		7 miles	3 Miles
Feb 23 - Mar 1		3 Miles	5 Miles	3 Miles		7 miles	3 Miles
Mar 2 - 8		4 miles	5 miles	4 miles		8 miles	3 Miles
Mar 9 - 15		4 miles	5 miles	4 miles		8 miles	3 Miles
Mar 16 - 22		4 miles	6 miles	4 miles		9 miles	2 Miles
Mar 23 - 29		4 miles	6 miles		4 miles		10K (6.2 M)
Mar 30 - Apr 5		5 miles	6 miles	4 miles		10 miles	2 Miles
Apr 6 - 12		5 miles	6 miles	4 miles		11 miles	2 Miles
Apr 13 - 19		5 miles	6 miles	4 miles		12 miles	2 Miles
Apr 20 - 26		5 miles	6 miles		4 miles		10K (6.2)
Apr 27 - May 3		4 miles		4 miles		13.1 Miles!!!	

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DATE	RACE NAME	DISTANCE	LOCATION	PRICE	REGISTERED? ??	PACKET PICK-UP
MARCH 29 (SUN)	Return of the Robin	10K	REC CENTER	\$40 (BY MAR 1)		
APRIL 26 (SUN)	UNLeash the SHE	10K	JEFFERSON ELEMENTARY	\$35 (BY JAN 31)		
MAY 2 (SAT)	Grandad Half Marathon	13.1 MILES!!	LACROSSE	\$50		
JUNE 13 (SAT)	Insane Inflatable 5K	5K	ROCHESTER (BY AIRPORT)	\$52 (LILY & DARYL)		