

New York City Half Marathon 8/16/09			
Week Ending	Minimal	Basic	NYRR / Races 2009
07/04/2009	5 miles	8 miles	
07/11/2009	6 miles	10 miles	07/12, Sun, 07:00, na, 6-20M, New York City Marathon Long Training Run #1
07/18/2009	8 miles	8 miles	07/18, Sat, 08:30, s,q, 4.0M, Run for Central Park 4M
07/25/2009	10 miles	10 miles	
08/01/2009	12 miles	12 miles	08/01, Sat, 07:00, na, 6-20M, New York City Marathon Long Training Run #2
08/08/2009	10 miles	10 miles	
08/15/2009	13.1 miles	13.1 miles	08/16, Sun, 07:30, s,q, 13.1M, New York City Half Marathon