

Staten Island Half Marathon 10/08/17 Training Plan A

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9/3/17 off	9/4/17 off	9/5/17 5 miles	9/6/17 off	9/7/17 3 miles	9/8/17 off	9/9/17 6 miles
9/10/17 3 miles	9/11/17 off	9/12/17 4 miles	9/13/17 off	9/14/17 3 miles	9/15/17 off	9/16/17 8 miles
9/17/17 off	9/18/17 off	9/19/17 4 miles	9/20/17 off	9/21/17 3 miles	9/22/17 off	9/23/17 10 miles
9/24/17 off	9/25/17 off	9/26/17 4 miles	9/27/17 off	9/28/17 3 miles	9/29/17 off	9/30/17 10 to 12 miles
10/1/17 off	10/2/17 off	10/3/17 4 miles	10/4/17 off	10/5/17 5 miles	10/6/17 off	10/7/17 off
10/8/17 13.1 miles	10/9/17 off	10/10/17 4 miles	10/11/17 off	10/12/17 5 miles	10/13/17 off	10/14/17 6 miles