

TRAINING PLAN

ST. LUKE'S HALF MARATHON & VIA FULL MARATHON



FEBRUARY

1	Friday	<input type="checkbox"/>
2	Saturday	<input type="checkbox"/>
3	Sunday	<input type="checkbox"/>
4	Monday	<input type="checkbox"/>
5	Tuesday	<input type="checkbox"/>
6	Wednesday	<input type="checkbox"/>
7	Thursday	<input type="checkbox"/>
8	Friday	<input type="checkbox"/>
9	Saturday	<input type="checkbox"/>
10	Sunday	<input type="checkbox"/>
11	Monday	<input type="checkbox"/>
12	Tuesday	<input type="checkbox"/>
13	Wednesday	<input type="checkbox"/>
14	Thursday	<input type="checkbox"/>
15	Friday	<input type="checkbox"/>
16	Saturday	<input type="checkbox"/>
17	Sunday	<input type="checkbox"/>
18	Monday	<input type="checkbox"/>
19	Tuesday	<input type="checkbox"/>
20	Wednesday	<input type="checkbox"/>
21	Thursday	<input type="checkbox"/>
22	Friday	<input type="checkbox"/>
23	Saturday	<input type="checkbox"/>
24	Sunday	<input type="checkbox"/>
25	Monday	REST <input type="checkbox"/>
26	Tuesday	2.5 Miles <input type="checkbox"/>
27	Wednesday	4 Miles <input type="checkbox"/>
28	Thursday	REST <input type="checkbox"/>

MARCH

1	Friday	3 Miles	<input type="checkbox"/>
2	Saturday	2 Miles	<input type="checkbox"/>
3	Sunday	5 Miles	<input type="checkbox"/>
4	Monday	REST	<input type="checkbox"/>
5	Tuesday	3 Miles	<input type="checkbox"/>
6	Wednesday	4.5 Miles	<input type="checkbox"/>
7	Thursday	REST	<input type="checkbox"/>
8	Friday	3 Miles	<input type="checkbox"/>
9	Saturday	2 Miles	<input type="checkbox"/>
10	Sunday	6 Miles	<input type="checkbox"/>
11	Monday	REST	<input type="checkbox"/>
12	Tuesday	3 Miles	<input type="checkbox"/>
13	Wednesday	4.5 Miles	<input type="checkbox"/>
14	Thursday	REST	<input type="checkbox"/>
15	Friday	3 Miles	<input type="checkbox"/>
16	Saturday	2 Miles	<input type="checkbox"/>
17	Sunday	7 Miles	<input type="checkbox"/>
18	Monday	REST	<input type="checkbox"/>
19	Tuesday	3 Miles	<input type="checkbox"/>
20	Wednesday	4.5 Miles	<input type="checkbox"/>
21	Thursday	REST	<input type="checkbox"/>
22	Friday	3.5 Miles	<input type="checkbox"/>
23	Saturday	2 Miles	<input type="checkbox"/>
24	Sunday	8 Miles	<input type="checkbox"/>
25	Monday	REST	<input type="checkbox"/>
26	Tuesday	3 Miles	<input type="checkbox"/>
27	Wednesday	5 Miles	<input type="checkbox"/>
28	Thursday	REST	<input type="checkbox"/>
29	Friday	3.5 Miles	<input type="checkbox"/>
30	Saturday	2 Miles	<input type="checkbox"/>
31	Sunday	9 Miles	<input type="checkbox"/>

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APRIL

1	Monday	REST	<input type="checkbox"/>
2	Tuesday	3.5 Miles	<input type="checkbox"/>
3	Wednesday	5 Miles	<input type="checkbox"/>
4	Thursday	REST	<input type="checkbox"/>
5	Friday	3.5 Miles	<input type="checkbox"/>
6	Saturday	2 Miles	<input type="checkbox"/>
7	Sunday	10 Miles	<input type="checkbox"/>
8	Monday	REST	<input type="checkbox"/>
9	Tuesday	3.5 Miles	<input type="checkbox"/>
10	Wednesday	5 Miles	<input type="checkbox"/>
11	Thursday	REST	<input type="checkbox"/>
12	Friday	4 Miles	<input type="checkbox"/>
13	Saturday	2 Miles	<input type="checkbox"/>
14	Sunday	11 Miles	<input type="checkbox"/>
15	Monday	REST	<input type="checkbox"/>
16	Tuesday	4 Miles	<input type="checkbox"/>
17	Wednesday	5.5 Miles	<input type="checkbox"/>
18	Thursday	REST	<input type="checkbox"/>
19	Friday	4 Miles	<input type="checkbox"/>
20	Saturday	2 Miles	<input type="checkbox"/>
21	Sunday	9 Miles	<input type="checkbox"/>
22	Monday	REST	<input type="checkbox"/>
23	Tuesday	4 Miles	<input type="checkbox"/>
24	Wednesday	5.5 Miles	<input type="checkbox"/>
25	Thursday	REST	<input type="checkbox"/>
26	Friday	2 Miles	<input type="checkbox"/>
27	Saturday	REST	<input type="checkbox"/>
28	Sunday	ST LUKE'S 1/2 MARATHON	<input type="checkbox"/>
29	Monday	REST	<input type="checkbox"/>
30	Tuesday	REST	<input type="checkbox"/>

MAY

1	Wednesday	REST	<input type="checkbox"/>
2	Thursday	REST	<input type="checkbox"/>
3	Friday	REST	<input type="checkbox"/>
4	Saturday	REST	<input type="checkbox"/>
5	Sunday	REST	<input type="checkbox"/>
6	Monday	REST	<input type="checkbox"/>
7	Tuesday	4 Miles	<input type="checkbox"/>
8	Wednesday	REST	<input type="checkbox"/>
9	Thursday	4 Miles	<input type="checkbox"/>
10	Friday	REST	<input type="checkbox"/>
11	Saturday	4 Miles	<input type="checkbox"/>
12	Sunday	6 Miles	<input type="checkbox"/>
13	Monday	REST	<input type="checkbox"/>
14	Tuesday	6 Miles	<input type="checkbox"/>
15	Wednesday	8 Miles	<input type="checkbox"/>
16	Thursday	REST	<input type="checkbox"/>
17	Friday	6 Miles	<input type="checkbox"/>
18	Saturday	4 Miles	<input type="checkbox"/>
19	Sunday	10 Miles	<input type="checkbox"/>
20	Monday	REST	<input type="checkbox"/>
21	Tuesday	6 Miles	<input type="checkbox"/>
22	Wednesday	8 Miles	<input type="checkbox"/>
23	Thursday	REST	<input type="checkbox"/>
24	Friday	6 Miles	<input type="checkbox"/>
25	Saturday	4 Miles	<input type="checkbox"/>
26	Sunday	12 Miles	<input type="checkbox"/>
27	Monday	REST	<input type="checkbox"/>
28	Tuesday	6 Miles	<input type="checkbox"/>
29	Wednesday	8 Miles	<input type="checkbox"/>
30	Thursday	REST	<input type="checkbox"/>
31	Friday	6 Miles	<input type="checkbox"/>

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JUNE

1	Saturday	4 Miles	<input type="checkbox"/>
2	Sunday	14 Miles	<input type="checkbox"/>
3	Monday	REST	<input type="checkbox"/>
4	Tuesday	6 Miles	<input type="checkbox"/>
5	Wednesday	8 Miles	<input type="checkbox"/>
6	Thursday	REST	<input type="checkbox"/>
7	Friday	6 Miles	<input type="checkbox"/>
8	Saturday	5 Miles	<input type="checkbox"/>
9	Sunday	16 Miles	<input type="checkbox"/>
10	Monday	REST	<input type="checkbox"/>
11	Tuesday	6 Miles	<input type="checkbox"/>
12	Wednesday	8 Miles	<input type="checkbox"/>
13	Thursday	REST	<input type="checkbox"/>
14	Friday	6 Miles	<input type="checkbox"/>
15	Saturday	5 Miles	<input type="checkbox"/>
16	Sunday	18 Miles	<input type="checkbox"/>
17	Monday	REST	<input type="checkbox"/>
18	Tuesday	5 Miles	<input type="checkbox"/>
19	Wednesday	REST	<input type="checkbox"/>
20	Thursday	5 Miles	<input type="checkbox"/>
21	Friday	REST	<input type="checkbox"/>
22	Saturday	4 Miles	<input type="checkbox"/>
23	Sunday	10 Miles	<input type="checkbox"/>
24	Monday	REST	<input type="checkbox"/>
25	Tuesday	5 Miles	<input type="checkbox"/>
26	Wednesday	7 Miles	<input type="checkbox"/>
27	Thursday	REST	<input type="checkbox"/>
28	Friday	6 Miles	<input type="checkbox"/>
29	Saturday	4 Miles	<input type="checkbox"/>
30	Sunday	20 Miles	<input type="checkbox"/>

JULY

1	Monday	REST	<input type="checkbox"/>
2	Tuesday	6 Miles	<input type="checkbox"/>
3	Wednesday	8 Miles	<input type="checkbox"/>
4	Thursday	REST	<input type="checkbox"/>
5	Friday	6 Miles	<input type="checkbox"/>
6	Saturday	4 Miles	<input type="checkbox"/>
7	Sunday	14 Miles	<input type="checkbox"/>
8	Monday	REST	<input type="checkbox"/>
9	Tuesday	5 Miles	<input type="checkbox"/>
10	Wednesday	REST	<input type="checkbox"/>
11	Thursday	6 Miles	<input type="checkbox"/>
12	Friday	REST	<input type="checkbox"/>
13	Saturday	4 Miles	<input type="checkbox"/>
14	Sunday	11 Miles	<input type="checkbox"/>
15	Monday	REST	<input type="checkbox"/>
16	Tuesday	5 Miles	<input type="checkbox"/>
17	Wednesday	7 Miles	<input type="checkbox"/>
18	Thursday	REST	<input type="checkbox"/>
19	Friday	6 Miles	<input type="checkbox"/>
20	Saturday	4 Miles	<input type="checkbox"/>
21	Sunday	21 Miles	<input type="checkbox"/>
22	Monday	REST	<input type="checkbox"/>
23	Tuesday	6 Miles	<input type="checkbox"/>
24	Wednesday	8 Miles	<input type="checkbox"/>
25	Thursday	REST	<input type="checkbox"/>
26	Friday	6 Miles	<input type="checkbox"/>
27	Saturday	4 Miles	<input type="checkbox"/>
28	Sunday	14 Miles	<input type="checkbox"/>
29	Monday	REST	<input type="checkbox"/>
30	Tuesday	6 Miles	<input type="checkbox"/>
31	Wednesday	REST	<input type="checkbox"/>

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AUGUST

1	Thursday	6 Miles	<input type="checkbox"/>
2	Friday	REST	<input type="checkbox"/>
3	Saturday	4 Miles	<input type="checkbox"/>
4	Sunday	10 Miles	<input type="checkbox"/>
5	Monday	REST	<input type="checkbox"/>
6	Tuesday	5 Miles	<input type="checkbox"/>
7	Wednesday	7 Miles	<input type="checkbox"/>
8	Thursday	REST	<input type="checkbox"/>
9	Friday	6 Miles	<input type="checkbox"/>
10	Saturday	5 Miles	<input type="checkbox"/>
11	Sunday	22 Miles	<input type="checkbox"/>
12	Monday	REST	<input type="checkbox"/>
13	Tuesday	6 Miles	<input type="checkbox"/>
14	Wednesday	8 Miles	<input type="checkbox"/>
15	Thursday	REST	<input type="checkbox"/>
16	Friday	6 Miles	<input type="checkbox"/>
17	Saturday	4 Miles	<input type="checkbox"/>
18	Sunday	12 Miles	<input type="checkbox"/>
19	Monday	REST	<input type="checkbox"/>
20	Tuesday	7 Miles	<input type="checkbox"/>
21	Wednesday	REST	<input type="checkbox"/>
22	Thursday	5 Miles	<input type="checkbox"/>
23	Friday	REST	<input type="checkbox"/>
24	Saturday	4 Miles	<input type="checkbox"/>
25	Sunday	14 Miles	<input type="checkbox"/>
26	Monday	REST	<input type="checkbox"/>
27	Tuesday	6 Miles	<input type="checkbox"/>
28	Wednesday	REST	<input type="checkbox"/>
29	Thursday	4 Miles	<input type="checkbox"/>
30	Friday	REST	<input type="checkbox"/>
31	Saturday	2 Miles	<input type="checkbox"/>

SEPTEMBER

1	Sunday	10 Miles	<input type="checkbox"/>
2	Monday	REST	<input type="checkbox"/>
3	Tuesday	3 Miles	<input type="checkbox"/>
4	Wednesday	2 Miles	<input type="checkbox"/>
5	Thursday	REST	<input type="checkbox"/>
6	Friday	REST	<input type="checkbox"/>
7	Saturday	REST	<input type="checkbox"/>
8	Sunday	VIA MARATHON	<input type="checkbox"/>