

**Mill Race - Half Marathon  
Sept 24, 2022**

**Level 1 Half**

HALF MARATHON TRAINING CHART								
WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Total Miles Per Week
0						2	2	4
1	Rest	2	Cross Train	3	Rest	3	2	10
2	Rest	2	Cross Train	3	Rest	3	2	10
3	Rest	2	Cross Train	3	Rest	4	3	12
4	Rest	2	Cross Train	3	Rest	4	3	12
5	Rest	2	Cross Train	3	Rest	5	3	13
6	Rest	2	Cross Train	3	Rest	5	3	13
7	Rest	2	Cross Train	3	Rest	6	4	15
8	Cross Train	2	Cross Train	3	Rest	7	4	16
9	Cross Train	2	Cross Train	3	Rest	5	4	14
10	Cross Train	3	Cross Train	4	Rest	7	4	18
11	Cross Train	3	Cross Train	4	Rest	8	4	19
12	Cross Train	3	Cross Train	4	Rest	9	4	20
13	Cross Train	3	Cross Train	4	Rest	10	4	21
14	Cross Train	3	Cross Train	3	Rest	12	4	22
15	Cross Train	3	Cross Train	3	Rest	8	4	18
16	Cross Train	3	Cross Train	3	Rest	6	4	16
17	Cross Train	3	Cross Train	3	Rest	Race Day 13.1	Rest	19.1
								272

Cross Train = Cross fit, Yoga, Swimming, Cycling, Strength/Core Training, Deep Water Running, etc.