

**Mill Race - Half Marathon
Sept 23, 2023**

Level 1 Half

HALF MARATHON TRAINING CHART									
WEEK	Date (Saturday / week)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Total Miles Per Week
							27-May-23	28-May-23	
0	May 27, 2023						2	2	4
1	June 03, 2023	Rest	2	Cross Train	3	Rest	3	2	10
2	June 10, 2023	Rest	2	Cross Train	3	Rest	3	2	10
3	June 17, 2023	Rest	2	Cross Train	3	Rest	4	3	12
4	June 24, 2023	Rest	2	Cross Train	3	Rest	4	3	12
5	July 01, 2023	Rest	2	Cross Train	3	Rest	5	3	13
6	July 08, 2023	Rest	2	Cross Train	3	Rest	5	3	13
7	July 15, 2023	Rest	2	Cross Train	3	Rest	6	4	15
8	July 22, 2023	Cross Train	2	Cross Train	3	Rest	7	4	16
9	July 29, 2023	Cross Train	2	Cross Train	3	Rest	5	4	14
10	August 05, 2023	Cross Train	3	Cross Train	4	Rest	7	4	18
11	August 12, 2023	Cross Train	3	Cross Train	4	Rest	8	4	19
12	August 19, 2023	Cross Train	3	Cross Train	4	Rest	9	4	20
13	August 26, 2023	Cross Train	3	Cross Train	4	Rest	10	4	21
14	September 02, 2023	Cross Train	3	Cross Train	3	Rest	12	4	22
15	September 09, 2023	Cross Train	3	Cross Train	3	Rest	8	4	18
16	September 16, 2023	Cross Train	3	Cross Train	3	Rest	6	4	16
17	September 23, 2023	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.