

## The Hogeye Half Marathon Training Plan

Each week starts on the Saturday with the long run.

You may adjust the weekly mileage by taking a mid-week run out, or adding a run, or modifying the distance of the mid-week runs. This plan is for those already consistently running 4-6 or more miles 3 or more times each week.

					Weekly Total
December 22	6.0	4	4	3	*17
December 29	6.5	4.5	3	4	*18
January 5	6.5	3	5	4	*18.5
January 12	7.5	4.5	5.5	3	*20.5
January 19	8.5	4	4.5	5.5	*22.5
January 26	9	4	4	4	*21
February 2	5	6	5	5	*21
February 9	10	5	5.5	4.5	*25
February 16	8	7	5	7	*27
February 23	11	5	5	4	*25
March 2	12	5	6	5.5	*26.5
March 9	9	7	7	5	*28.5
March 16	14	6	5	5	*30
March 23	9	5	4	5	*23
March 30	6	4	3	3	*16
April 6	13.1				