

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	WEEKLY MILEAGE
1	Mobility Exercises	3 mi run	2 mi run or cross	3 mi run	Rest/Yoga/Soak	30 min cross	4 mi run	12
2	Mobility Exercises	3 mi run	2 mi run or cross	3 mi run	Rest/Yoga/Soak	30 min cross	4 mi run	12
3	Mobility Exercises	3.5 mi run	2 mi run or cross	3.5 mi run	Rest/Yoga/Soak	40 min cross	5 mi run	14
4	Mobility Exercises	3.5 mi run	2 mi run or cross	3.5 mi run	Rest/Yoga/Soak	40 min cross	6 mi run	15
5	Mobility Exercises	4 mi run	2 mi run or cross	4 mi run	Rest/Yoga/Soak	40 min cross	7 mi run	17
6	Mobility Exercises	4 mi run	2 mi run or cross	4 mi run	25 min shakeout run	5k	Recovery Run 3 mi	16
7	Mobility Exercises	4.5 mi run	3 mi run or cross	4.5 mi run	Rest/Yoga/Soak	50 min cross	8 mi run	20
8	Mobility Exercises	4.5 mi run	3 mi run or cross	4.5 mi run	25 min shakeout run	10k	Recovery Run 3 mi	21
9	Mobility Exercises	5 mi run	3 mi run or cross	5 mi run	Rest/Yoga/Soak	50 min cross	9 mi run	22
10	Mobility Exercises	5 mi run	3 mi run or cross	5 mi run	Rest/Yoga/Soak	60 min cross	10 mi run	23
11	Mobility Exercises	3 mi run	1.5 mi run or cross	3 mi run	Rest/Yoga/Soak	35 min cross	6 mile	13.5
12	Mobility Exercises	2 mi run	1 mi run	Rest	10 min Shake out run	The Race Half Marathon	Recovery Run 3 mi	21

In addition to you weekly runs, you should do the following:
 Find two days for strength training
 Stretch after each run workout for a min of 10 min
 Eat something prior to your runs to give you energy (research best pre-workout options)
 Consume something immediately after your workouts to aid with recovery (research best post workout options)
 Any run over 40 min plan to bring some fuel on your run