



## HALF MARATHON BASE BUILDING TRAINING PLAN

WEEK	DATE	DAY OF THE WEEK							TOTAL
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
1	6/27/2022 - 7/3/2022	1	1.5	off	1.5	off	1	off	5
2	7/4/2022 - 7/10/2022	1	1.5	off	1.5	off	2	off	6
3	7/11/2022 - 7/17/2022	1	1.5	off	1.5	off	2	off	6
4	7/18/2022 - 7/24/2022	1.5	2	off	1.5	off	2	off	7
5	7/25/2022 - 7/31/2022	2	1	off	2	off	3	off	8
6	8/1/2022 - 8/7/2022	2	2	off	2	off	2	off	8
7	8/8/2022 - 8/14/2022	2	2	off	2	off	3	off	9

