

## Medina Half Marathon 5/31/14

Week Starting	Workout 1	Workout 2	Workout 3	Workout 4
12/30	3 miles	3 miles	3 miles	3 miles
1/6	3 miles	3 miles	3 miles	4 miles
1/13	3 miles	3 miles	3 miles	3 miles
1/20	3 miles	3 miles	3 miles	4 miles
1/27	3 miles	3 miles	3 miles	5 miles
2/3	3 miles	4 miles	3 miles	4 miles
2/10	3 miles	4 miles	3 miles	6 miles
2/17	3 miles	3 miles	3 miles	7 miles
2/24	3 miles	4 miles	3 miles	5 miles
3/3	3 miles	5 miles	3 miles	7 miles
3/10	3 miles	5 miles	3 miles	8 miles
3/17	3 miles	3 miles	3 miles	6 miles
3/24	3 miles	5 miles	3 miles	9 miles
3/31	4 miles	5 miles	3 miles	6 miles
4/7	4 miles	5 miles	3 miles	10 miles
4/14	4 miles	4 miles	3 miles	6 miles
4/21	4 miles	6 miles	3 miles	10 miles
4/28	3 miles	6 miles	3 miles	12 miles
5/5	4 miles	4 miles	3 miles	8 miles
5/12	4 miles	6 miles	5 miles	12 miles
5/19	3 miles	3 miles	3 miles	8 miles
5/26	3 miles	rest	2 miles	<b>RACE</b>