

ST LUKE'S/D&L RACEFEST HALF MARATHON

WEEK OF	MON	TUE	WED	THR	FRI	SAT	SUN	TOTAL
7/3/2023	REST	REST	REST	REST	REST	REST	REST	REST
7/10/2023	REST	1.5	2	REST	1.5	1.5	2	8.5
7/17/2023	REST	2	2	REST	2	1.5	2	9.5
7/24/2023	REST	2	2	REST	2	2	2.5	10.5
7/31/2023	REST	2	2.5	REST	2	2	3	11.5
8/7/2023	REST	2	3	REST	2	2	3	12
8/14/2023	REST	2	3	REST	2.5	2	3.5	13
8/21/2023	REST	2	3.5	REST	2.5	2	4	14
8/28/2023	REST	2	4	REST	2.5	2	4.5	15
9/4/2023	REST	2.5	4	REST	2.5	2	5	16
9/11/2023	REST	2.5	4	REST	3	2	5.5	17
9/18/2023	REST	2.5	4.5	REST	3	2	6	18
9/25/2023	REST	3	4.5	REST	3	2	7	19.5
10/2/2023	REST	3	4.5	REST	3.5	2	8	21
10/9/2023	REST	3	5	REST	3.5	2	9	22.5
10/16/2023	REST	3.5	5	REST	3.5	2	10	24
10/23/2023	REST	3.5	5	REST	4	2	11	25.5
10/30/2023	REST	4	5.5	REST	4	2	9	24.5
11/6/2023	REST	3	4	REST	2	REST	ST LUKE'S D&L HALF	22.1