

ST LUKE'S/D&L RACEFEST HALF MARATHON

WEEK OF	MON	TUE	WED	THR	FRI	SAT	SUN
4/27/2024	STRENGTH TRAIN 20:00 WALK/BIKE 10:00 - 15:00	JOG/WALK 20:00 10 INTERV :30 JOG 1:30 WALK	REST	STRENGTH TRAIN 20:00 WALK/BIKE 10:00 - 15:00	JOG/WALK 20:00 10 INTERV :30 JOG 1:30 WALK	REST	1 MILE WALK/JOG AT YOUR PACE
5/5/2024	STRENGTH TRAIN 20:00 WALK/BIKE 10:00 - 15:00	JOG/WALK 22:00 11 INTERV :30 JOG 1:30 WALK	REST	STRENGTH TRAIN 20:00 WALK/BIKE 10:00 - 15:00	JOG/WALK 22:00 11 INTERV :30 JOG 1:30 WALK	REST	1.5 MILE WALK/JOG AT YOUR PACE
5/12/2024	STRENGTH TRAIN 20:00 WALK/BIKE 15:00 - 20:00	JOG/WALK 24:00 12 INTERV :45 JOG 1:15 WALK	REST	STRENGTH TRAIN 20:00 WALK/BIKE 10:00 - 15:00	JOG/WALK 24:00 12 INTERV :45 JOG 1:15 WALK	REST	2 MILE WALK/JOG AT YOUR PACE
5/19/2024	STRENGTH TRAIN 20:00 WALK/BIKE 15:00 - 20:00	JOG/WALK 26:00 13 INTERV :45 JOG 1:15 WALK	REST	STRENGTH TRAIN 20:00 WALK/BIKE 10:00 - 15:00	JOG/WALK 26:00 13 INTERV :45 JOG 1:15 WALK	REST	2.5 MILE WALK/JOG AT YOUR PACE
5/26/2024	STRENGTH TRAIN 20:00 WALK/BIKE 20:00	JOG/WALK 28:00 14 INTERV 1:00 JOG 1:00 WALK	REST	STRENGTH TRAIN 20:00 WALK/BIKE 20:00	JOG/WALK 28:00 14 INTERV 1:00 JOG 1:00 WALK	REST	3 MILE WALK/JOG AT YOUR PACE
6/2/2024	STRENGTH TRAIN 20:00 WALK/BIKE 20:00	JOG/WALK 30:00 15 INTERV 1:15 JOG :45 WALK	REST	STRENGTH TRAIN 20:00 WALK/BIKE 20:00	JOG/WALK 30:00 15 INTERV 1:15 JOG :45 WALK	REST	3.25 MILE WALK/JOG AT YOUR PACE
6/9/2024	STRENGTH TRAIN 20:00 WALK/BIKE 20:00	JOG/WALK 30:00 15 INTERV 1:15 JOG :45 WALK	REST	STRENGTH TRAIN 20:00 WALK/BIKE 20:00	JOG/WALK 30:00 15 INTERV 1:15 JOG :45 WALK	REST	3.25 MILE WALK/JOG AT YOUR PACE
6/16/2024	STRENGTH TRAIN 20:00 WALK/BIKE 20:00	JOG/WALK 30:00 15 INTERV 1:30 JOG :30 WALK	REST	STRENGTH TRAIN 20:00 WALK/BIKE 20:00	JOG/WALK 30:00 15 INTERV 1:30 JOG :30 WALK	REST	3.5 MILE WALK/JOG AT YOUR PACE
6/23/2024	STRENGTH TRAIN 20:00 WALK/BIKE 20:00	JOG 30:00	REST	STRENGTH TRAIN 20:00 WALK/BIKE 20:00	JOG 20:00	REST	ST LUKE'S 5K

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WEEK OF	MON	TUE	WED	THR	FRI	SAT	SUN	TOTAL
6/30/2024	REST	REST	REST	REST	REST	REST	REST	REST
7/7/2024	REST	1.5	2	REST	1.5	1.5	2	8.5
7/14/2024	REST	2	2	REST	2	1.5	2	9.5
7/21/2024	REST	2	2	REST	2	2	2.5	10.5
7/28/2024	REST	2	2.5	REST	2	2	3	11.5
8/4/2024	REST	2	3	REST	2	2	3	12
8/11/2024	REST	2	3	REST	2.5	2	3.5	13
8/18/2024	REST	2	3.5	REST	2.5	2	4	14
8/25/2024	REST	2	4	REST	2.5	2	4.5	15
9/1/2024	REST	2.5	4	REST	2.5	2	5	16
9/8/2024	REST	2.5	4	REST	3	2	5.5	17
9/15/2024	REST	2.5	4.5	REST	3	2	6	18
9/22/2024	REST	3	4.5	REST	3	2	7	19.5
9/29/2024	REST	3	4.5	REST	3.5	2	8	21
10/6/2024	REST	3	5	REST	3.5	2	9	22.5
10/13/2024	REST	3.5	5	REST	3.5	2	10	24
10/20/2024	REST	3.5	5	REST	4	2	11	25.5
10/27/2024	REST	4	5.5	REST	4	2	9	24.5
11/3/2024	REST	3	4	REST	2	REST	ST LUKE'S D&L HALF	22.1