

2008 COLUMBUS HALF- MARATHON - NOVICE PROGRAM



WEEK	MON	TUE	WED	THU	FRI	<- SAT / SUN ->	
20 (June 9)	X-Train	3 Miles	X-Train	2 Miles	Rest Day	3 Miles	Rest Day
19 (June 9)	X-Train	3 Miles	X-Train	2 Miles	Rest Day	4 Miles	Rest Day
18 (June 16)	X-Train	3 Miles	X-Train	3 Miles	Rest Day	4 Miles	Rest Day
17 (June 23)	X-Train	3 Miles	X-Train	3 Miles	Rest Day	4 Miles	Rest Day
16 (June 30)	X-Train	4 Miles	X-Train	3 Miles	Rest Day	4 Miles	Rest Day
15 (July 7)	X-Train	4 Miles	X-Train	4 Miles	Rest Day	5 Miles	Rest Day
14 (July 14)	X-Train	5 Miles	X-Train	4 Miles	Rest Day	5 Miles	Rest Day
13 (July 21)	X-Train	5 Miles	X-Train	5 Miles	Rest Day	5 Miles	Rest Day
12 (July 28)	X-Train	5 Miles	X-Train	5 Miles	Rest Day	6 Miles	Rest Day
11 (August 4)	X-Train	6 Miles	X-Train	5 Miles	Rest Day	6 Miles	Rest Day
10 (Aug. 11)	X-Train	7 Miles	X-Train	5 Miles	Rest Day	7 Miles	Rest Day
9 (Aug. 18)	X-Train	7 Miles	X-Train	5 Miles	Rest Day	7 Miles	Rest Day
8 (Aug. 25)	X-Train	7 Miles	X-Train	5 Miles	Rest Day	8 Miles	Rest Day
7 (Sept. 1)	X-Train	7 Miles	X-Train	5 Miles	Rest Day	9 Miles	Rest Day
6 (Sept. 8)	X-Train	7 Miles	X-Train	5 Miles	Rest Day	10 Miles	Rest Day

