

2008 SAN ANTONIO HALF- MARATHON - NOVICE PROGRAM



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

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[illegible]