

Outdoor Sports Center SoNo Half Training Schedule

	MON	TUES	WED	THURS	FRI	SAT	SUN
6/12 - 6/18	rest day	3 miles	CT	3 miles	stretch	3 miles	rest day
6/19 - 6/25	rest day	3 miles	CT	3 miles	stretch	3 miles	rest day
6/26 - 7/2	rest day	3 miles	CT	3 miles	stretch	4 miles	rest day
7/3 - 7/9	rest day	3 miles	CT	4 miles	stretch	4 miles	rest day
7/10 - 7/16	rest day	4 miles	CT	4 miles	stretch	5 miles	rest day
7/17 - 7/23	rest day	4 miles	CT	4 miles	stretch	5 miles	rest day
7/24 - 7/30	rest day	4 miles	CT	4 miles	stretch	6 miles	rest day
7/31 - 8/6	rest day	4 miles	CT	5 miles	stretch	6 miles	rest day
8/7 - 8/13	rest day	4 miles	CT	5 miles	stretch	7 miles	rest day
8/14 - 8/20	rest day	4 miles	CT	5 miles	stretch	7 miles	rest day
8/21 - 8/27	rest day	4 miles	CT	5 miles	stretch	8 miles	rest day
8/28 - 9/3	rest day	5 miles	CT	5 miles	stretch	8 miles	rest day
9/4 - 9/10	rest day	5 miles	CT	5 miles	stretch	9 miles	rest day
9/11 - 9/17	rest day	5 miles	CT	6 miles	stretch	9 miles	rest day
9/18 - 9/24	rest day	5 miles	CT	6 miles	stretch	11 miles	rest day
9/25 - 10/1	rest day	4 miles	CT	4 miles	stretch	8 miles	rest day
10/2 - 10/8	rest day	3 miles	CT	4 miles	stretch	6 miles	rest day
10/9 - 10/15	rest day	3 miles	CT	rest day	rest day	RACE DAY!	rest day

NRVT runs

Join us every Tuesday on the NRVT for our Tuesday Night Running Club.

SoNo runs

Train on course with us! Visit our facebook group for more info & to sign up!