

**Belleville Running Club
2022 Half marathon training**

Goal race: Belleville Main Street half marathon

Date of race September 24, 2022

Week starting	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly mileage
Jul 4	rest	2 miles	rest	2 miles	rest	4 miles	rest/ Cross train	8
Jul 11	rest	3 mi	rest	3 mi	rest	5 mi	rest/ cross train	11
Jul 18	rest	3 mi	cross train	3 mi	rest	4 mi	rest/ cross train	10
Jul 25	rest	3 mi	cross train	3 mi	rest	6 mi	rest/ cross train	12
Aug 1	rest	3 mi	cross train	4 mi	rest	7 mi	rest/ cross train	14
Aug 8	rest	4 mi	cross train	5 mi	rest	5 mi	rest/ cross train	14
Aug 15	rest	4 mi	cross train	4 mi	rest	8 mi	rest/ cross train	16
Aug 22	rest	4 mi	cross train	5 mi	rest	8 mi	rest/ cross train	17
Aug 29	rest	3 mi	cross train	5 mi	rest	10 mi	rest/ cross train	18
Sep 5	rest	3 mi	cross train	5 mi	rest	10 mi	rest	18
Sep 12	rest	3 mi	rest/ cross train	3 mi	rest	6 mi	rest/ cross train	12
Sep 19	rest	2 mi	rest	3 mi	rest/ cross train	rest	Race day	18