



2019 Overlake Medical Center Labor Day Half Marathon

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1 7/29- 8/4	3 Miles	Rest day	4 Miles	4 Miles	Rest day	6 Miles	Rest day
WEEK 2 8/5 - 8/11	3 Miles	Rest day	6 Miles	4 Miles	Rest day	8 Miles	Rest day
WEEK 3 8/12 - 8/18	4 Miles	Rest day	6 Miles	4 Miles	Rest day	10-12 Miles	Rest day
WEEK 4 8/19- 8/25	4 Miles	Rest day	4 Miles	4 Miles	Rest day	8 Miles	Rest day
WEEK 5 8/26 - 9/1	4 Miles	Rest day	3 Miles	4 Miles	Rest day	4 Miles	Rest day
Labor Day 9/2	<u>RACE DAY!!</u>						