

Outdoor Sports Center
2018 SoNo Half Training Schedule

	SUN	MON	TUES	WED	THURS	FRI	SAT
4/22 - 4/28	rest day	rest day	3 miles	CT	3 miles	stretch	3 miles
4/29 - 5/5	rest day	rest day	3 miles	CT	3 miles	stretch	3 miles
5/6 - 5/12	rest day	rest day	3 miles	CT	3 miles	stretch	3 miles
5/13 - 5/19	rest day	rest day	3 miles	CT	3 miles	stretch	3 miles
5/20 - 5/26	rest day	rest day	3 miles	CT	3 miles	stretch	3 miles
5/27 - 6/2	rest day	rest day	3 miles	CT	3 miles	stretch	3 miles
6/3 - 6/9	rest day	rest day	4 miles	CT	3 miles	stretch	3 miles
6/10 - 6/16	rest day	rest day	4 miles	CT	3 miles	stretch	3 miles
6/17 - 6/23	rest day	rest day	4 miles	CT	3 miles	stretch	3 miles
6/24 - 6/30	rest day	rest day	4 miles	CT	3 miles	stretch	4 miles
7/1 - 7/7	rest day	rest day	4 miles	CT	3 miles	stretch	4 miles
7/8 - 7/14	rest day	rest day	5 miles	CT	4 miles	stretch	4 miles
7/15 - 7/21	rest day	rest day	5 miles	CT	4 miles	stretch	5 miles
7/22 - 7/28	rest day	rest day	5 miles	CT	4 miles	stretch	5 miles
7/29 - 8/4	rest day	rest day	5 miles	CT	4 miles	stretch	6 miles
8/5 - 8/11	rest day	rest day	5 miles	CT	5 miles	stretch	6 miles
8/12 - 8/18	rest day	rest day	5 miles	CT	5 miles	stretch	7 miles
8/19 - 8/25	rest day	rest day	5 miles	CT	5 miles	stretch	7 miles
8/26 - 9/1	rest day	rest day	5 miles	CT	5 miles	stretch	8 miles
9/2 - 9/9	rest day	rest day	5 miles	CT	5 miles	stretch	8 miles
9/9 - 9/15	rest day	rest day	5 miles	CT	5 miles	stretch	9 miles
9/16 - 9/22	rest day	rest day	5 miles	CT	6 miles	stretch	9 miles
9/23 - 9/29	rest day	rest day	4 miles	CT	6 miles	stretch	10 miles
9/30 - 10/6	rest day	rest day	4 miles	CT	5 miles	stretch	11 miles
10/7 - 10/13	rest day	rest day	3 miles	CT	4 miles	stretch	6 miles
10/14 - 10/20	rest day	rest day	3 miles	CT	rest day	rest day	RACE DAY!

NRVT runs

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

SoNo runs

Train on course with us!