

## Niagara $\frac{1}{2}$ Marathon - October 26, 2014

Week	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
September 13	13km (17)	Rest	10km	Rest	Rest	7km/hill x 2	Rest
September 20	15km (19)	Rest	10km	Rest	Rest	7km/45 sec sprints x 5	Rest
September 27	17km (15)	Rest	10km	Rest	Rest	8km/60 sec sprints x 5	Rest
October 4	19km (21)	Rest	10km	Rest	Rest	8km/ hill x 4	Rest
October 11	15km	Rest	10km	Rest	Rest	5km	Rest
October 18	5km	Rest	10km	Rest	Rest	5km	Rest
October 25	Rest	Race Day!	Rest	Rest	Rest	Easy 5km	Rest

There are 2 options for Saturday run distances, depending on where you are and if you want to hit 21km prior to race day!