

**Coach Sark's  
San Francisco 1/2 Marathon  
Training Schedule  
2010**

<b>Week</b>	<b>Week of</b>	<b>Day 1</b>	<b>Day 2</b>	<b>Long</b>	<b>Weekly Milage</b>	<b>Total Milage</b>
1	4/5/2010	4.00	4.00	5.00 (Hill)	13.00	13.00
2	4/12/2010	4.00	4.00	5.00 (Hill)	13.00	26.00
3	4/19/2010	4.00	5.00 (Hill)	3.1 (5K)	12.10	38.10
4	4/26/2010	5.00 (Hill)	5.00 (Hill)	5.00 (Hill)	15.00	53.10
5	5/3/2010	5.00 (Hill)	4.00	8.00 (Hill)	17.00	70.10
6	5/10/2010	5.00 (Hill)	4.00	3.1 (5K)	12.10	82.20
7	5/17/2010	5.00 (Hill)	5.00 (Hill)	10.00 (Hill)	20.00	102.20
8	5/24/2010	4.00	4.00	8.00 (Hill)	16.00	118.20
9	5/31/2010	5.00 (Hill)	3.00 (Hill)	15.00 (Hill)	23.00	141.20
10	6/7/2010	4.00	4.00	10.00	18.00	159.20
11	6/14/2010	5.00 (Hill)	4.00	10.00 (Hill)	19.00	178.20
12	6/21/2010	5.00 (Hill)	5.00 (Hill)	8.00 (Hill)	18.00	196.20
13	6/28/2010	4.00	4.00	OFF	8.00	204.20
14	7/5/2010	5.00 (Hill)	5.00 (Hill)	10.00 (Hill)	20.00	224.20
15	7/12/2010	5.00 (Hill)	4.00	15.00 (Hill)	24.00	248.20
16	7/19/2010	5.00 (Hill)	3.00 (Hill)	SF 1/2 Marathon	18.10	266.30