

**Mankato Half Marathon Training Schedule 2022**

Week #	1	2	3	4	5	6	7	8	9	10	11	12	13	14	14
Begins	20-Jun	27-Jun	4-Jul	11-Jul	18-Jul	25-Jul	1-Aug	8-Aug	15-Aug	22-Aug	29-Aug	5-Sep	12-Sep	19-Sep	26-Sep
Monday	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Tuesday	3	3	4	4	4	5	6	5	3	5	4	7	4	4	4
Wednesday	4	5	5	6	6	7	6	8	9	9	7	6	5	4	3
Thursday	3	3	5	4	5	4	4	4	5	4	4	3	3	0	0
Friday	3	2	0	3	0	5	0	4	4	4	5	4	4	3	2
Saturday	4	5	6	7	8	9	9	10	11	10	10	13	10	8	<b>13.1</b>
Sunday	3	3	4	4	4	4	4	5	6	4	4	4	5	4	0
<b>TOTAL</b>	<b>20</b>	<b>21</b>	<b>24</b>	<b>28</b>	<b>27</b>	<b>34</b>	<b>29</b>	<b>36</b>	<b>38</b>	<b>32</b>	<b>34</b>	<b>37</b>	<b>37</b>	<b>23</b>	<b>22.1</b>