

 The Center for Alternative Medicines

 Sports Medicine & Injury Rehabilitation

 Industrial Based Occupational Health

 DeYoung Naturals Vitamin & Supplements

Half Marathon Training Schedule

Week of	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Nov 13	Rest	1 mile	Rest	1 mile	Rest	Rest	2 miles
20	Rest	1 mile	1 mile	Rest	1 mile	Rest	2 miles
27	Rest	1 mile	1 mile	Rest	1 mile	Rest	3 miles
Dec 4	Rest	1 mile	1 mile	Rest	1 mile	Rest	2 miles
11	Rest	1 mile	1 mile	Rest	1 mile	Rest	3 miles
18	Rest	1 mile	2 miles	Rest	2 miles	Rest	3 miles
25	Rest	2 miles	2 miles	Rest	2 miles	Rest	4 miles
Jan 1	Rest	2 miles	2 miles	Rest	2 miles	Rest	3 miles
8	Rest	2 miles	3 miles	Rest	3 miles	Rest	4 miles
15	Rest	2 miles	3 miles	Rest	3 miles	Rest	5 miles
22	Rest	3 miles	3 miles	Rest	3 miles	Rest	6 miles
29	Rest	3 miles	3 miles	Rest	3 miles	Rest	5 miles
Feb 5	Rest	3 miles	3 miles	Rest	3 miles	Rest	6 miles
12	Rest	3 miles	3 miles	Rest	3 miles	Rest	7 miles
19	Rest	3 miles	3 miles	Rest	3 miles	Rest	8 miles
26	Rest	3 miles	3 miles	Rest	3 miles	Rest	Anthem 5K
March 4	Rest	3 miles	Rest	3 miles	Rest	Rest	6 miles
11	Rest	3 miles	3 miles	Rest	3 miles	Rest	10K Rhode's City Run
18	Rest	3 miles	Rest	Rest	3 miles	Rest	8 Miles
25	Rest	3 miles	3 miles	Rest	3 miles	Rest	Papa John's 10 miler
April 1	Rest	3 miles	3 miles	Rest	3 miles	Rest	6 miles
8	Rest	3 miles	3 miles	Rest	3 miles	Rest	12 miles
15	Rest	3 miles	3 miles	Rest	3 miles	Rest	6 miles
22	Rest	3 miles	Rest	Rest	3 miles	Rest	Mini-Marathon

For Training Tips and Upcoming Races log onto
www.myockn.com/running.html.

If you have any type of injury please call (502) 245.0767 for a **FREE Assessment**. (Code: Race Training).