

# 2023 half marathon training long run progression

Tuesday, December 6, 2022 5:24 PM

1/7 6 miles

1/14 8 miles

1/21 10 miles

1/28 8 miles

2/4 10 miles

2/11 12 miles

2/18 14 miles

2/25 12 miles

3/4 14 miles

3/11 12 miles

3/18 8 miles

3/26 13.1 or 26.2 - B&A Marathon and Half Marathon