

16 week training program – Jan 30th till May 19th 2006

Complete Totals for Half Marathon training - 16 wks			
Jan 30 th - May 19 th 2006			
Running	Calories	Distance	Time
	28578	375	1924
	kcal's	k's	mins
Roadwork	Calories	Distance	Time
	47566	2974	6249
	kcal's	k's	mins
Swim	Calories	Distance	Time
		61000	960
	kcal's	k's	mins
Combined	Calories	Distance	Time
run/bike	76144	3349	8173
	kcal's	k's	mins

The second test of this program. The first being done last year with no result, please compare the training totals, mainly in the running department (more mileage).

Only time or the ½ Marathon result will reveal any problems or success.