

**Half Marathon**  
 A BANNER / ARIZONA WELLNESS COMMITTEE EVENT  
**Saturday, Dec. 10th**  
 7:00 am  
[tucsonmarathon.com](http://tucsonmarathon.com)  
[tchadaz@arizona.edu](mailto:tchadaz@arizona.edu)  
 Medical Imaging WELLNESS COMMITTEE  
 Banner University Medicine  
 Medical Imaging

	Mon.	Wed.	Fri.
Week 1	1.5 miles	1.5 miles	3 miles
Week 2	2 miles	2 miles	3.5 miles
Week 3	2 miles	2 miles	4 miles
Week 4	2.5 miles	2.5 miles	5 miles
Week 5	2.75 miles	2.75 miles	5.5 miles
Week 6	3 miles	3 miles	6 miles
Week 7	3.25 miles	3.25 miles	6.5 miles
Week 8	3.5 miles	3.5 miles	7 miles
Week 9	3.75 miles	3.75 miles	7.5 miles
Week 10	4 miles	5 miles	4 miles
Week 11	4 miles	4 miles	8 miles
Week 12	4.25 miles	4.25 miles	8.5 miles
Week 13	4.5 miles	---	---
Week 14	4.5 miles	9 miles	---
Week 15	5 miles	10 miles	---
Week 16	4 miles	4 miles	1/2 MARATHON