

Mercedes Half Marathon Training Schedule Birmingham, Alabama February 14, 2010

Formal group training begins on Sunday August 30, 2009 at 6:30 AM at the Brownell Building (813 Shades Crest Parkway). This is a continuation of Lakeshore Drive east of Brookwood Mall. Prior to that date, it would be wise to begin some consistent running so that by that date you can cover 5-10 miles per week and be able to run 2-4 miles at one time. Although I don't believe in giving you a "recipe" of how much to run each day, I do give you a mileage goal for the weekly long run, and also give you a TOTAL range to run during the OTHER running days of the week. The long run should be a challenging goal to finish, even if you have to take some walk breaks. As we start to run in groups, I promise you it will be much easier.

Please build in at least one day during the week in which you do no running.

<u>WEEK#</u>	<u>DATE</u>	<u>SUNDAY</u>	<u>REST OF THE WEEK</u>	<u>WEEKLY TOTAL</u>
1	8/30/09	4	7-10	11-14
2	9/6	4	7-10	11-14
3	9/13	6	8-11	14-17
4	9/20	4	8-11	12-15
5	9/27	6	9-12	15-18
6	10/4	6	9-12	15-18
7	10/11	7	10-13	17-20
8	10/18	7	10-13	17-20
9	10/25	6	11-14	17-20
10	11/1	7	12-15	19-22
11	11/8	7	14-17	21-24
12	11/15	9	14-17	23-26
13	11/22	7	14-17	21-24
14	11/29	7	14-17	21-24
15	12/6	9	15-18	24-27
16	12/13	9	15-18	24-27
17	12/20	7	15-18	22-25
18	12/27	9	17-20	26-29
19	1/3/10	7	15-18	22-25
20	1/10	9	15-18	24-27
21	1/17	11	10-13	21-24
22	1/24	7	9-12	16-19
23	1/31	6	9-12	15-18
24	2/7	6	7-10	13-16
	2/14/10	MERCEDES HALF MARATHON		

Your weekly mileage (excluding your long run) should consist of 5 days running and one rest day. 50% of your mileage should be divided over 2 days and the other 50% should be divided over the remaining 3 days

