

MERCEDES HALF MARATHON

Birmingham

February 14, 2010

| Week #               | Date       | SUNDAY       | MONDAY     | TUESDAY | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY |
|----------------------|------------|--------------|------------|---------|------------|------------|---------|----------|
| <b>BASE</b>          |            |              |            |         |            |            |         |          |
|                      |            | 15 - 30 MINS | 20 MINUTES | REST    | 20 MINUTES | 15-30 MINS | 20 MINS |          |
| 1                    | 9/19/2009  | "            | "          | "       | "          | "          | "       | 3 MILES  |
| 2                    | 9/26/2009  | "            | "          | "       | "          | "          | "       | 4 MILES  |
| 3                    | 10/3/2009  | "            | "          | "       | "          | "          | "       | 4 MILES  |
| 4                    | 10/10/2009 | "            | "          | "       | "          | "          | "       | 5 MILES  |
| 5                    | 10/17/2009 | "            | "          | "       | "          | "          | "       | 5 MILES  |
| 6                    | 10/24/2009 | "            | "          | "       | "          | "          | "       | 6 MILES  |
| 7                    | 10/31/2009 | "            | "          | "       | "          | "          | "       | 5 MILES  |
| 8                    | 11/7/2009  | "            | "          | "       | "          | "          | "       | 7 MILES  |
| <b>STRENGTHENING</b> |            |              |            |         |            |            |         |          |
| 9                    | 11/14/2009 | "            | "          | "       | "          | "          | "       | 6 MILES  |
| 10                   | 11/21/2009 | "            | "          | "       | "          | "          | "       | 7 MILES  |
| 11                   | 11/28/2009 | "            | "          | "       | "          | "          | "       | 8 MILES  |
| 12                   | 12/5/2009  | "            | "          | "       | "          | "          | "       | 9 MILES  |
| 13                   | 12/12/2009 | "            | "          | "       | "          | "          | "       | 8 MILES  |
| 14                   | 12/19/2009 | "            | "          | "       | "          | "          | "       | 9 MILES  |
| <b>SHARPENING</b>    |            |              |            |         |            |            |         |          |
| 15                   | 12/26/2009 | "            | "          | "       | "          | "          | "       | 10 MILES |
| 16                   | 1/2/2010   | "            | "          | "       | "          | "          | "       | 9 MILES  |
| 17                   | 1/9/2010   | "            | "          | "       | "          | "          | "       | 10 MILES |
| 18                   | 1/16/2010  | "            | "          | "       | "          | "          | "       | 11 MILES |
| <b>TAPERING</b>      |            |              |            |         |            |            |         |          |
| 19                   | 1/23/2010  | "            | "          | "       | "          | "          | "       | 8 MILES  |
| 20                   | 1/30/2010  | "            | "          | "       | "          | "          | "       | 6 MILES  |
| 21                   | 2/6/2010   | "            | "          | "       | "          | "          | "       | 4 MILES  |
| 22                   | 2/14/2010  | "            | "          | "       | "          | "          | "       | EVENT    |

TIMES DURING THE WEEK ARE ALWAYS MINIMUMS. TAKE ONE REST DAY A WEEK. ALWAYS DO YOUR BEST TO WALK ON THE DAY AFTER YOUR LONG WALKS.