

## MERCEDES 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 20-25 miles per week and be able to run 5-7 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	6	14-20	20-26
2	9/6	7	14-20	21-27
3	9/13	7	14-20	21-27
4	9/20	9	20-26	29-35
5	9/27	9	20-26	29-35
6	10/4	7	20-26	27-33
7	10/11	11	20-26	31-37
8	10/18	9	17-23	26-32
9	10/25	11	20-26	31-37
10	11/1	13	22-28	35-41
11	11/8	13	22-28	35-41
12	11/15	15	20-26	35-41
13	11/22	13	20-26	33-39
14	11/29	17	22-28	39-41
15	12/6	13	20-26	33-39
16	12/13	13	24-30	37-43
17	12/20	15	28-34	43-49
18	12/27	17	22-28	39-45
19	1/3/10	13	22-28	35-41
20	1/10	15	22-28	37-43
21	1/17	20	18-24	38-44
22	1/24	15	18-24	33-39
23	1/31	13	13-19	26-32
24	2/7	11	10-16	21-27
	2/14/10	<u>MERCEDES MARATHON</u>		

**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**

