

Mercedes Half Marathon Training Schedule

Birmingham, Alabama – February 12, 2012

Formal group training begins on Sunday September 18, 2011 at 6:30 AM at the NBC Building (formerly Brownell) -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>
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BASE

1	9/18	4	7-10	11-14
2	9/25	6	8-11	14-17
3	10/2	4	8-11	12-15
4	10/9	6	9-12	15-18

STRENGTHENING

5	10/16	7	10-13	17-20
6	10/23	7	10-13	17-20
7	10/30	6	11-14	17-20
8	11/6	7	12-15	19-22
9	11/13	7	14-17	21-24
10	11/20	9	14-17	23-26

SHARPENING

11	11/27	7	14-17	21-24
12	12/4	7	14-17	21-24
13	12/11	9	15-18	24-27
14	12/18	9	15-18	24-27
15	12/25	9	17-20	26-29
16	1/1/12	7	15-18	22-25
17	1/8	11	15-18	24-27

TAPERING

18	1/15	7	9-12	16-19
19	1/22	7	10-13	17-20
20	1/29	6	10-13	16-19
21	2/5	6	7-10	13-16
	2/12/12	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

