

MERCEDES HALF MARATHON
 Birmingham
 February 12, 2012

Week #	Date	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BASE								
		15 - 30 MINS	20 MINUTES	REST	20 MINUTES	15-30 MINS	20 MINS	
1	9/18/2011		II	II	II	II		3 MILES
2	9/25/2011	II	II	II		II	II	4 MILES
3	10/2/2011	II		II	PI	II	II	4 MILES
4	10/9/2011	II	II	II	II	II	II	5 MILES
5	10/16/2011	II	II	II			II	5 MILES
6	10/23/2011	II	II	II	II	II	II	6 MILES
7	10/30/2011	II	II	II	II	II	II	5 MILES
8	11/6/2011	II	PI	II	II	II		7 MILES
STRENGTHENING								
9	11/13/2011	II	PI		II	IP	II	6 MILES
10	11/20/2011	II		II		IP	II	7 MILES
11	11/27/2011	II	II		II	IP	II	8 MILES
12	12/4/2011	II	II		II	IP	II	9 MILES
13	12/11/2011	II	II	II	II	IP	PI	8 MILES
14	12/18/2011	II	II		II	IP		9 MILES
SHARPENING								
15	12/25/2011	PI	II	II	II	II	II	10 MILES
16	1/1/2012	PI		II	IP	II		9 MILES
17	1/8/2012		II	II	IP	II		10 MILES
18	1/15/2012		II			II	II	11 MILES
TAPERING								
19	1/22/2012		-	II	II	II	II	8 MILES
20	1/29/2012		II	II	II	II		6 MILES
21	2/5/2012	II	II		II	II		4 MILES
22	2/12/2012		II		II	II		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.