



HALF MARATHON							
Week	Mon	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 02/02 - 02/08	REST OR X TRAIN	30 minutes	REST	30 minutes	REST	30 minutes	3 MILES
2 02/09 - 02/15	REST OR X TRAIN	30 minutes	S&C 1	30 minutes	REST	30 minutes	4 MILES
3 02/16 - 02/22	REST OR X TRAIN	30 minutes	S&C 2	30 minutes	REST	30 minutes	5 MILES
4 02/23 - 03/01	REST OR X TRAIN	30 minutes	S&C 3	30 minutes	REST	30 minutes	6 MILES
5 03/02 - 03/08	REST OR X TRAIN	30 minutes	S&C 4	30 minutes	REST	30 minutes	5 MILES - MDR
6 03/09 - 03/15	REST OR X TRAIN	30 minutes	S&C 5	30 minutes	REST	30 minutes	6 MILES
7 03/16 - 03/22	REST OR X TRAIN	30 minutes	HILLS 1	30 minutes	REST	30 minutes	7 MILES - SMM
8 03/23 - 03/29	REST OR X TRAIN	30 minutes	HILLS 2	30 minutes	REST	30 minutes	8 MILES
9 03/30 - 04/05	REST OR X TRAIN	45 minutes	HILLS 3	45 minutes	REST	45 minutes	6 MILES
10 04/06 - 04/12	REST OR X TRAIN	45 minutes	HILLS 4	45 minutes	REST	45 minutes	7 MILES
11 04/13 - 04/19	REST OR X TRAIN	45 minutes	HILLS 5	45 minutes	REST	45 minutes	8 MILES
12 04/20 - 04/26	REST OR X TRAIN	45 minutes	TRACK 1	45 minutes	REST	45 minutes	5 MILES
13 04/27 - 05/03	REST OR X TRAIN	45 minutes	TRACK 2	45 minutes	REST	45 minutes	8 MILES
14 05/04 - 05/10	REST OR X TRAIN	45 minutes	TRACK 3	45 minutes	REST	45 minutes	10 MILES
15 05/11 - 05/17	REST OR X TRAIN	45 minutes	TRACK 4	45 minutes	REST	45 minutes	11 MILES
16 05/18 - 05/24	REST OR X TRAIN	60 minutes	TRACK 5	60 minutes	REST	60 minutes	8 MILES
17 05/25 - 05/31	REST OR X TRAIN	60 minutes	REST	60 minutes	REST	60 minutes	11 MILES
18 06/01 - 06/07	REST OR X TRAIN	45 minutes	REST	45 minutes	REST	45 minutes	8 MILES
19 06/08 - 06/14	REST	30 minutes	REST	30 minutes	REST	30 minutes	7 MILES
20 06/15 - 06/21	REST	30 minutes	REST	30 minutes	REST	RACE	

ConocoPhillips  
PRESENTS



Anchorage, Alaska  
June 20, 2009

Alaska's Biggest and Best  
Marathon and Half Marathon

FULL MARATHON

Week	Mon	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 02/02 - 02/08	REST OR X TRAIN	30 minutes	REST	30 minutes	REST	30 minutes	3 MILES
2 02/09 - 02/15	REST OR X TRAIN	30 minutes	S&C 1	30 minutes	REST	30 minutes	4 MILES
3 02/16 - 02/22	REST OR X TRAIN	30 minutes	S&C 2	30 minutes	REST	30 minutes	5 MILES
4 02/23 - 03/01	REST OR X TRAIN	30 minutes	S&C 3	30 minutes	REST	30 minutes	7 MILES
5 03/02 - 03/08	REST OR X TRAIN	30 minutes	S&C 4	30 minutes	REST	30 minutes	8 MILES - MDR
6 03/09 - 03/15	REST OR X TRAIN	30 minutes	S&C 5	30 minutes	REST	30 minutes	7 MILES
7 03/16 - 03/22	REST OR X TRAIN	45 minutes	HILLS 1	45 minutes	REST	30 minutes	8 MILES - SMM
8 03/23 - 03/29	REST OR X TRAIN	45 minutes	HILLS 2	45 minutes	REST	45 minutes	10 MILES
9 03/30 - 04/05	REST OR X TRAIN	45 minutes	HILLS 3	45 minutes	REST	45 minutes	13 MILES
10 04/06 - 04/12	REST OR X TRAIN	45 minutes	HILLS 4	45 minutes	REST	45 minutes	10 MILES
11 04/13 - 04/19	REST OR X TRAIN	45 minutes	HILLS 5	45 minutes	REST	45 minutes	15 MILES
12 04/20 - 04/26	REST OR X TRAIN	45 minutes	TRACK 1	45 minutes	REST	45 minutes	16 MILES
13 04/27 - 05/03	REST OR X TRAIN	60 minutes	TRACK 2	60 minutes	REST	45 minutes	18 MILES
14 05/04 - 05/10	REST OR X TRAIN	60 minutes	TRACK 3	60 minutes	REST	60 minutes	12 MILES
15 05/11 - 05/17	REST OR X TRAIN	60 minutes	TRACK 4	60 minutes	REST	45 minutes	20 MILES
16 05/18 - 05/24	REST OR X TRAIN	60 minutes	TRACK 5	60 minutes	REST	60 minutes	12 MILES
17 05/25 - 05/31	REST OR X TRAIN	60 minutes	REST	60 minutes	REST	45 minutes	20 MILES
18 06/01 - 06/07	REST OR X TRAIN	45 minutes	REST	45 minutes	REST	45 minutes	12 MILES
19 06/08 - 06/14	REST	30 minutes	REST	30 minutes	REST	30 minutes	8 MILES
20 06/15 - 06/21	REST	30 minutes	REST	30 minutes	REST	RACE	