



# A RUNNING NIRVANA

inaugural marathon & 1/2 marathon • JUNE 27, 2009

## 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	10 MILES
19 06/08 - 06/14	REST OR X TRAIN	45 minutes	REST	45 minutes	REST	45 minutes	8 MILES
20 06/15 - 06/21	REST OR X TRAIN	30 minutes	REST	30 minutes	REST	30 minutes	7 MILES
21 06/22 - 06/28	REST	30 minutes	REST	30 minutes	REST	RACE	



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## 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	14 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	14 MILES
19 06/08 - 06/14	REST	45 minutes	REST	45 minutes	REST	45 minutes	12 MILES
20 06/15 - 06/21	REST	30 minutes	REST	30 minutes	REST	30 minutes	8 MILES
21 06/22 - 06/28	REST	30 minutes	REST	30 minutes	REST	RACE	