



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



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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