

2011 Rock & Roll Mardi Gras Half-marathon Training Schedule - written in Sunday February 13, 2011 New Orleans, Louisiana

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	10/4 - 10/10	2	2	3	2	off	4	off	13
2	10/11 - 11/17	3	off	3	2	off	5	off	13
3	10/18 - 10/24	3	off	3	3	off	5	off	14
4	10/25 - 10/31	3	off	3	3	off	6	off	15
5	11/1 - 11/7	3	off	3	3	off	4	off	13
6	11/8 - 11/14	3	off	4	3	off	6	off	16
7	11/15 - 11/21	3	off	3	3	off	7	off	16
8	11/22 - 11/28	3	off	3	3	off	7	off	16
9	11/29 - 12/5	4	off	3	3	off	8	off	18
10	12/6 - 12/12	3	off	4	3	off	6	off	16
11	12/13 - 12/19	3	3	4	3	off	8	off	21
12	12/20 - 12/26	3	off	3	3	off	8	off	17
13	12/27 - 1/2	3	off	4	4	off	10	off	21
14	1/3 - 1/9	3	off	3	3	off	10	off	19
15	1/10 - 1/16	3	off	4	4	off	8	off	19
16	1/17 - 1/23	3	off	3	3	off	12	off	21
17	1/24 - 1/30	3	off	3	3	off	8	off	17
18	1/31 - 2/6	3	off	3	3	off	6	off	15
19	2/7 - 2/13	off	3	off	2	2	off	13.1	20.1
post race	2/14 - 2/20	off	1	off	1	off	2	off	4
post race	2/21 - 2/27	2	1	off	2	off	3	off	8
post race	2/28 - 3/6	off	2	off	2	off	4	off	8

Thanksgiving, Christmas, New Year's Day

n miles