

2011 Rock & Roll Mardi Gras Half-marathon: Build-up Schedule

This schedule is designed to prepare an individual to begin a 19-week half-marathon training program beginning Monday Oct. 4, 2010. The 2011 R&R Mardi Gras 1/2 Marathon is scheduled for Sunday February 13, 2011

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	8/23 - 8/29	1	1	1	off	1	1	off	5
2	8/30 - 9/5	1.5	1	1.5	off	1	1.5	off	6.5
3	9/6 - 9/12	1.5	1	1.5	off	1	2	off	7
4	9/13 - 9/19	2	off	2	off	1	3	off	8
5	9/20 - 9/26	2	off	2	off	2	3	off	9
6	9/27 - 10/3	2	off	3	off	2	3	off	10