

2011 Rock & Roll Mardi Gras Marathon: Build-up Schedule

This schedule is designed to prepare an individual to begin a 22-week full marathon training program beginning Monday Sept. 13, 2010. The 2011 R&R MGM is scheduled for Sunday February 13, 2011

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	8/2 - 8/8	1.5	2	1.5	2	1.5	2.5	off	11
2	8/9 - 8/15	1.5	2	2	2	1.5	3	off	12
3	8/16 - 8/22	2	1.5	3	1.5	off	4	off	12
4	8/23 - 8/29	2	1.5	3	1.5	off	5	off	13
5	8/30 - 9/5	3	off	3	2	off	5	off	13
6	9/6 - 9/12	3	off	3	3	off	5	off	14