



**2011 Rock & Roll Mardi Gras Marathon - Training Schedule - written in miles**  
 Sunday February 13, 2011 New Orleans, Louisiana

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	9/13 - 9/19	3	off	3	3	off	6	off	15
2	9/20 - 9/26	3	off	3	3	off	7	off	16
3	9/27 - 10/3	3	off	3	3	off	8	off	17
4	10/4 - 10/10	3	off	4	3	off	9	off	19
5	10/11 - 11/17	3	off	4	3	off	10	off	20
6	10/18 - 10/24	4	off	4	3	off	8	off	19
7	10/25 - 10/31	4	off	4	3	off	10	off	21
8	11/1 - 11/7	4	off	4	3	off	12	off	23
9	11/8 - 11/14	4	off	4	3	off	12	off	23
10	11/15 - 11/21	4	off	4	3	off	14	off	25
11	11/22 - 11/28	4	off	4	4	off	10	off	22
12	11/29 - 12/5	4	off	5	4	off	14	off	27
13	12/6 - 12/12	4	off	5	4	off	16	off	29
14	12/13 - 12/19	4	off	5	4	off	14	off	27
15	12/20 - 12/26	4	off	4	3	off	18	off	29
16	12/27 - 1/2	5	off	5	4	off	14	off	28
17	1/3 - 1/9	4	4	4	3	off	18	off	33
18	1/10 - 1/16	5	4	5	4	off	14	off	32
19	1/17 - 1/23	4	3	4	3	off	20	off	34
20	1/24 - 1/30	4	3	4	3	off	12	off	26
21	1/31 - 2/6	4	3	4	3	off	6	off	20
22	2/7 - 2/13	off	3	3	off	3	off	26.2	35.2
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