



2010 Rock & Roll Mardi Gras Half-marathon Training Schedule - written in miles

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

Thanksgiving, Christmas, New Year's Day