



2010 Rock & Roll Mardi Gras Half-marathon: Build-up Schedule

Written in miles

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	9/7 - 9/13	1	1	1	off	1	1	off	5
2	9/14 - 9/20	1.5	1	1.5	off	1	1.5	off	6.5
3	9/21 - 9/27	1.5	1	1.5	off	1	2	off	7
4	9/28 - 10/4	2	off	2	off	1	3	off	8
5	10/5 - 10/11	2	off	2	off	2	3	off	9
6	10/12 - 10/18	2	off	3	off	2	3	off	10