



**2010 Rock & Roll Mardi Gras Marathon: Build-up Schedule**

**Written in miles**

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	8/17 - 8/23	1.5	2	1.5	2	1.5	2.5	off	11
2	8/24 - 8/30	1.5	2	2	2	1.5	3	off	12
3	8/31 - 9/6	2	1.5	3	1.5	off	4	off	12
4	9/7 - 9/13	2	1.5	3	1.5	off	5	off	13
5	9/14 - 9/20	3	off	3	2	off	5	off	13
6	9/21 - 9/27	3	off	3	3	off	5	off	14