



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

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