

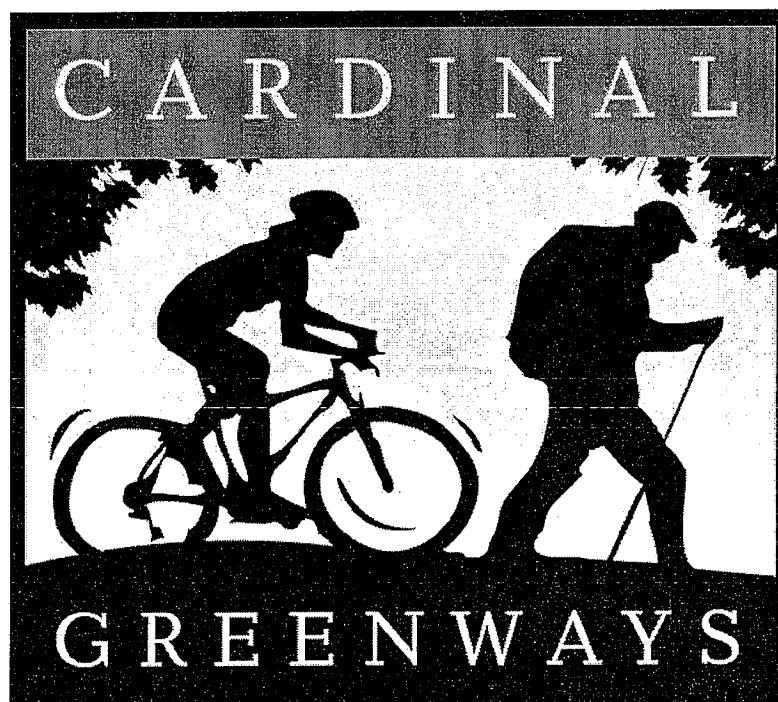
2011 INDY MINI-MARATHON

WEEKLY TRAINING SESSIONS

Open to all walkers, joggers & runners preparing for the Indy Mini-Marathon. Meet at the Cardinal Greenways Depot 700 E. Wysor Muncie, IN. Starts January 8th 2011 at 8:00 AM no matter the weather. \$2 fee will be collected each Saturday to help out Cardinal Greenways operations fund.

Schedule of Training Sessions

Jan. 8	3 - 6 miles	Mar. 12	7 - 10 miles
Jan. 15	3 - 6 miles	Mar. 19	9 - 12 miles
Jan. 22	4 - 7 miles	Mar. 26	7 - 10 miles
Jan. 29	4 - 7 miles	Apr. 2	10 - 13 miles
Feb. 5	5 - 8 miles	Apr. 9	8 - 11 miles
Feb. 12	6 - 9 miles	Apr. 16	11 - 14 miles
Feb. 19	5 - 8 miles	Apr. 23	8 - 12 miles
Feb. 26	6 - 9 miles	Apr. 30	4-7 miles
Mar. 5	8 - 11 miles	Mini, May 7th	13.1 miles



Making Connections Every Day

2011

INDY MINI-MARATHON

RECOMMENDED MINIMUM WEEKLY TRAINING MILEAGE

<u>WEEK OF</u>	<u>DAILY</u>	<u>LONG DAY</u>	<u>WEEKLY TOTAL</u>
Jan. 2	2-3 miles X 2-3 days plus	3-6 miles	7-15 miles
Jan. 9	2-3 miles x 2-3 days plus	3-6 miles	7-15 miles
Jan. 16	2-3 miles x 2-3 days plus	4-7 miles	8-16 miles
Jan. 23	2-3 miles x 2-3 days plus	4-7 miles	8-16 miles
Jan. 30	2-3 miles x 2-3 days plus	5-8 miles	9-20 miles
Feb. 6	3-4 miles x 2-3 days plus	6-9 miles	12-21 miles
Feb. 13	3-4 miles x 2-3 days plus	5-8 miles	11-20 miles
Feb. 20	3-5 miles x 2-3 days plus	6-9 miles	12-24 miles
Feb. 27	3-5 miles x 2-3 days plus	8-11 miles	14-26 miles
Mar. 6	3-6 miles x 2-3 days plus	7-10 miles	13-28 miles
Mar. 13	3-6 miles x 2-3 days plus	9-12 miles	15-30 miles
Mar. 20	4-6 miles x 2-3 days plus	7-10 miles	15-28 miles
Mar. 27	4-6 miles x 2-3 days plus	10-13 miles	18-31 miles
Apr. 3	4-6 miles x 2-3 days plus	8-11 miles	16-29 miles
Apr. 10	4-6 miles x 2-3 days plus	11-14 miles	19-32 miles
Apr. 17	3-4 miles x 2-3 days plus	8-12 miles	14-30 miles
Apr. 24	3-4 miles x 2-3 days plus	4-7 miles	16-28 miles
May 1	2-3 miles x 2-3 days plus	13.1 miles (Mini)	17-22 miles

