

# ***2010 INDY MINI-MARATHON***

## ***WEEKLY TRAINING SESSIONS***

**Open to all walkers, joggers and runners preparing for the Indy Mini-Marathon. Meet at Cardinal Greenways Depot 700 E. Wysor Muncie, IN. Starts January 9<sup>th</sup> 8:00 AM snow, rain or sunshine. \$2 fee will be collected each Saturday to help out Cardinal Greenways.**

### **Schedule of Training Sessions**

|                |                     |                      |                      |
|----------------|---------------------|----------------------|----------------------|
| <b>Jan. 9</b>  | <b>3 - 6 miles</b>  | <b>Mar. 13</b>       | <b>7 - 10 miles</b>  |
| <b>Jan. 16</b> | <b>3 - 6 miles</b>  | <b>Mar. 20</b>       | <b>9 - 12 miles</b>  |
| <b>Jan. 23</b> | <b>4 - 7 miles</b>  | <b>Mar. 27</b>       | <b>7 - 10 miles</b>  |
| <b>Jan. 30</b> | <b>4 - 7 miles</b>  | <b>Apr. 3</b>        | <b>10 - 13 miles</b> |
| <b>Feb. 6</b>  | <b>5 - 8 miles</b>  | <b>Apr. 10</b>       | <b>8 - 11 miles</b>  |
| <b>Feb. 13</b> | <b>6 - 9 miles</b>  | <b>Apr. 17</b>       | <b>11 - 14 miles</b> |
| <b>Feb. 20</b> | <b>5 - 8 miles</b>  | <b>Apr. 24</b>       | <b>8 - 12 miles</b>  |
| <b>Feb. 27</b> | <b>6 - 9 miles</b>  | <b>May 1</b>         | <b>4-7 miles</b>     |
| <b>Mar. 6</b>  | <b>8 - 11 miles</b> | <b>Mini, May 8th</b> | <b>13.1 miles</b>    |



Making Connections Every Day

*2010*  
***INDY MINI-MARATHON***

***RECOMMENDED MINIMUM WEEKLY TRAINING  
MILEAGE***

| <u>WEEK OF</u> | <u>DAILY</u>              | <u>LONG DAY</u>   | <u>WEEKLY TOTAL</u> |
|----------------|---------------------------|-------------------|---------------------|
| Jan. 3         | 2-3 miles X 2-3 days plus | 3-6 miles         | 7-15 miles          |
| Jan. 10        | 2-3 miles x 2-3 days plus | 3-6 miles         | 7-15 miles          |
| Jan. 17        | 2-3 miles x 2-3 days plus | 4-7 miles         | 8-16 miles          |
| Jan. 24        | 2-3 miles x 2-3 days plus | 4-7 miles         | 8-16 miles          |
| Jan. 31        | 2-3 miles x 2-3 days plus | 5-8 miles         | 9-20 miles          |
| Feb.7          | 3-4 miles x 2-3 days plus | 6-9 miles         | 12-21 miles         |
| Feb. 14        | 3-4 miles x 2-3 days plus | 5-8 miles         | 11-20 miles         |
| Feb. 21        | 3-5 miles x 2-3 days plus | 6-9 miles         | 12-24 miles         |
| Feb. 28        | 3-5 miles x 2-3 days plus | 8-11 miles        | 14-26 miles         |
| Mar. 7         | 3-6 miles x 2-3 days plus | 7-10 miles        | 13-28 miles         |
| Mar. 14        | 3-6 miles x 2-3 days plus | 9-12 miles        | 15-30 miles         |
| Mar. 21        | 4-6 miles x 2-3 days plus | 7-10 miles        | 15-28 miles         |
| Mar. 28        | 4-6 miles x 2-3 days plus | 10-13 miles       | 18-31 miles         |
| Apr. 4         | 4-6 miles x 2-3 days plus | 8-11 miles        | 16-29 miles         |
| Apr. 11        | 4-6 miles x 2-3 days plus | 11-14 miles       | 19-32 miles         |
| Apr. 18        | 3-4 miles x 2-3 days plus | 8-12 miles        | 14-30 miles         |
| Apr. 25        | 3-4 miles x 2-3 days plus | 4-7 miles         | 16-28 miles         |
| May 2          | 2-3 miles x 2-3 days plus | 13.1 miles (Mini) | 17-22 miles         |

