

TRDC HALF MARATHON TRAINING SCHEDULE

B4	WEEK OF	MON	WED OR THURS	THU OR FRI	SAT	LONG RUN	Thurgood
RACE	TRAINING		TRACK			SATURDAY	Marshall
28	1: 09/13	30 min run / walk	30 min run / walk		3 mi run / walk	18-Sep-10	Mentor Days
27	2: 09/20	30 min run / walk	30 min run / walk		3.5 mi run / walk	25-Sep-10	SATURDAYS
26	3: 09/27	30 min run / walk	30 min run / walk		4 mi run / walk	2-Oct-10	16-Oct
25	4: 10/04	30 min run / walk	30 min run / walk		5K RACE	sat 9-Oct-10	13-Nov
24	5: 10/11	40 min run / walk	40 min run / walk		4.5 mi run / walk	16-Oct-10	11-Dec
23	6: 10/18	40 min run / walk	40 min run / walk		5 mi run / walk	act 23-Oct-10	8-Jan
22	7: 10/25	40 min run / walk	40 min run / walk		3 mi	30-Oct-10	5-Feb
21	8: 11/01	40 min run / walk	40 min run / walk		5.5 mi run / walk	sat 6-Nov-10	5-Mar
20	9: 11/08	40 min run / walk	40 min run / walk		10K RACE (SUN)	14-Nov-10	9-Apr
19	10: 11/15	50 min run / walk	50 min run / walk	NOV 18 - STAFF	3 mi	20-Nov-10	14-May
17	11: 11/22	50 min run / walk	50 min run / walk		6 mi run / walk	28-Nov-10	
16	12: 11/29	50 min run / walk	50 min		6 mi long run	sat 4-Dec-10	
15	13: 12/06	4 mi	40 min		10K RACE (SUN)	12-Dec-10	
14	14: 12/13	5 mi	60 min		6 mi long run	18-Dec-10	
13	15: 12/20	5 mi	60 min		8 mi long run	25-Dec-10	
12	16: 12/27	5 mi	60 min		4 mi long run	1-Jan-11	
11	17: 01/03	5 mi	60 min		8 to 9 mi	8-Jan-11	
10	18: 01/10	5 mi	60 min		4 mi	15-Jan-11	
9	19: 01/17	5 mi	60 min	JAN 20 - STAFF	KRDC or other	sat 22-Jan-11	
8	20: 01/24	5 mi	60 min		10 to 11 mi	29-Jan-11	
7	21: 01/31	5 mi	60 min		5 to 6 mi	5-Feb-11	
6	22: 02/07	5 mi	60 min		11to 13 mi	act 12-Feb-11	
5	23: 02/14	5 mi	60 min		KRDC or other	19-Feb-11	EVE STAFF
4	24: 02/21	5 mi	60 min		12 to 14 mi	26-Feb-11	MEETING
3	25: 02/28	5 mi	60 min		6 to 7 mi	5-Mar-11	TH 7:30 - 9
2	26: 03/07	4 mi	60 min	MAR 10 - STAFF	14 to 16 mi	sat 12-Mar-11	
1	27: 03/14	45 min	60 min		5 mi	19-Mar-11	KICK OFF
1	28: 03/21	45 min	30 min		NATL MARATHON	26-Mar-11	
2	29: 03/28	30 min	30 min		KRDC	2-Apr-11	mentor KRDC
3	30: 04/04	45 min	45 min		KRDC	act 9-Apr-11	
4	31: 04/11	45 min	45 min			16-Apr-11	RACE DAY
5	32: 04/18	45 min	45 min			23-Apr-11	
6	33: 04/25	45 min	45 min		KRDC	30-Apr-11	NO SCHOOL
7	34: 05/02	45 min	45 min		5K race w KRDC	sat 7-May-11	
35	35: 05/09	30 min	30 min		10K RACE (SUN)	15-May-11	SAT OR ACT
	Total weeks						