

NOVICE MARATHON TRAINING SCHEDULE 2011 Fast Finish

Boston Marathon and Illinois Marathon

Week	Week Dates	Mon	Tue	Wed	Thur	Fri	Sat	SUN	Week Total
1	1/3/11 - 1/9/11	OFF	3	3 or Track	3	OFF	cross	7	16
2	1/10/11 - 1/16/11	OFF	3	3 or Track	3	OFF	cross	7	16
3	1/17/11 - 1/23/11	OFF	3	4	OFF	3	cross	9 - miles FF (last 4 @ MP)	19
4	1/24/11 - 1/30/11	OFF	3	5	3 or Track	OFF	cross	10	21
5	1/31/11 - 2/6/11	OFF	3	5	3 or Track	OFF	cross	12 - miles FF (last 6 @ MP)	23
6	2/7/11 - 2/13/11	OFF	3	6	3 or Track	OFF	cross	13 miles	25
7	2/14/11 - 2/20/11	OFF	3	6 or Track	3	OFF	cross	10	22
8	2/21/11 - 2/27/11	OFF	3	7	4	OFF	cross	15 - miles FF 5 slow, 5@ 30sec above MP, 5 at MP	29
9	2/28/11 - 3/6/11	OFF	3	7	4 or Track	OFF	cross	16	30
10	3/7/11 - 3/13/11	OFF	4	8	4 or Track	OFF	cross	12	28
11	3/14/11 - 3/20/11	OFF	4	8 or Track	5	OFF	cross	March Madness Half Marathon or 18	35
12	3/21/11 - 3/27/11	OFF	4	9	5 or Track	OFF	cross	14	32
13	3/28/11 - 4/3/11	OFF	5	9	5 or Track	OFF	cross	20	39
14	4/4/11 - 4/10/11	OFF	5	10 or Track	5	OFF	cross	12	32
15	4/11/11 - 4/17/11	OFF	5	8	4 or Track	OFF	cross	8	25
16	4/18/11 - 4/24/11	OFF (Boston Marathon)	4	6	3 or Track	OFF	cross	8	21
17	4/25/11 - 5/1/11	OFF	3	4	OFF	2	RACE		35.2

For additional information visit www.halhigdon.com

Boston Marathon April 18th, Illinois Marathon April 30th