

NOVICE MARATHON TRAINING SCHEDULE 2010 Fast Finish

Chicago, Milwaukee, Whistlestop

Week	Wk Ending	Mon	Tue	Wed	Thur	Fri	Sat	SUN	Week Total
1	13-Jun	OFF	3	3	3 or Track	OFF	cross	6 miles	15
2	20-Jun	OFF	3	3 or Track	3	OFF	cross	7	16
3	27-Jun	OFF	3	4	3 or Track	OFF	cross	5	15
4	4-Jul	OFF	3	4	OFF	RACE or 3	cross	9 miles FF (last 4 @ MP)	19
5	11-Jul	OFF	3	5	3 or Track	OFF	cross	10	21
6	18-Jul	OFF	McHenry River Run 3Mi/6Mi. or 3	5	3 or Track	OFF	cross	7	18
7	25-Jul	OFF	3	6	3 or Track	OFF	cross	12 miles FF (last 6 @ MP)	24
8	1-Aug	OFF	3	6 or Track	3	OFF	cross	Coon Creek 10K or 13 miles	25
9	8-Aug	OFF	3	7	3 or Track Meet	OFF	cross	10	24
10	15-Aug	OFF	3	7	4 or Track	OFF	cross	15 miles FF 5 slow, 5@ 30sec above MP, 5 at MP	29
11	22-Aug	OFF	4	8	4 or Track	OFF	Corn Fest 10K or cross	16	32
12	29-Aug	OFF	4	8 or Track	5	OFF	cross	12	29
13	5-Sep	OFF	4	9	5 or Track	Sunset 5K or OFF	cross	18	36
14	12-Sep	OFF	5	9	5 or Track	OFF	DIRT cross	Crystal Lake Half Marathon or 14	33
15	19-Sep	OFF	5	10 or Track	5	OFF	cross	20	40
16	26-Sep	OFF	5	8	4 or Track	OFF	cross	12	29
17	3-Oct	OFF	4	6	3 or Track	OFF	cross	8	21
18	10-Oct	OFF	3	4	OFF	OFF	2	RACE	

For additional information visit www.halhighdon.com

Milwaukee Marathon Oct 3th, Whistlestop Marathon Oct 10th,
Chicago Marathon Oct 10th, Indianapolis Monumental Marathon Nov 6th