

2008

Indy Runners Fall Training Program



Intermediate Marathon Training Schedule

Week Ending	Mon	Tue	Wed	Thur	Fri	Sat	Sun
WEEK 1	3 m run	5 m run	3 m run	rest	5 m pace	8	Cross Train
WEEK 2	3 m run	5 m run	3 m run	rest	5 m run	9	Cross Train
WEEK 3	3 m run	5 m run	3 m run	rest	5 m pace	6	Cross Train
WEEK 4	3 m run	6 m run	3 m run	rest	6 m pace	11	Cross Train
WEEK 5	3 m run	6 m run	3 m run	rest	6 m run	12	Cross Train
WEEK 6	3 m run	5 m run	3 m run	rest	6 m pace	9	Cross Train
WEEK 7	4 m run	7 m run	4 m run	rest	7 m pace	14	Cross Train
WEEK 8	4 m run	7 m run	4 m run	rest	7 m run	15	Cross Train
WEEK 9	4 m run	5 m run	4 m run	rest	7 m pace	11	Cross Train
WEEK 10	4 m run	8 m run	4 m run	rest	8 m pace	17	Cross Train
WEEK 11	5 m run	8 m run	5 m run	rest	8 m run	18	Cross Train
WEEK 12	5 m run	5 m run	5 m run	rest	8 m pace	13	Cross Train
WEEK 13	5 m run	8 m run	5 m run	rest	5 m pace	20	Cross Train
WEEK 14	5 m run	5 m run	5 m run	rest	8 m run	12	Cross Train
WEEK 15	5 m run	8 m run	5 m run	rest	5 m pace	22	Cross Train
WEEK 16	5 m run	6 m run	5 m run	rest	4 m pace	12	Cross Train
WEEK 17	4 m run	5 m run	4 m run	rest	3 m run	8	Cross Train
RACE WEEK	rest	3 m run	4 m run	2 m run	rest	GOOD LUCK & ENJOY THE RACE - YOU ARE READY NOW!!!	

Please note, some Indy Runners will be running their long Wednesday runs on Tuesday nights at Hinkle Fieldhouse at 6:00pm. To stay on schedule, they will move the weekday schedule above up one day and add a cross training day on Thursday and still rest o

For other training info check out:

WEEKLY CLUB RUNS

www.halhighdon.com

DAY	TIME	LOCATION
TUESDAY	6:00 PM	Hinkle Fieldhouse - BUTLER
THURSDAY	6:00 PM	Hinkle Fieldhouse - BUTLER
SATURDAY	7:30 AM	Wooden deck at the corner of E. Westfield Blvd and Winthrop Ave. in Monon Trail
SATURDAY-LATER	9:00 AM	Wooden deck at the corner of E. Westfield Blvd and Winthrop Ave. in Monon Trail
SUNDAY	8:00 AM	Benjamin Harrison YMCA

CHECK OUT www.indyrunners.org FOR CONTINUOUS UPDATES ON RACE SCHEDULES THIS SUMMER

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