

2008

Indy Runners Fall Training Program



Novice Marathon Training Schedule

Week Ending	Mon	Tue	Wed	Thur	Fri	Sat	Sun
WEEK 1	rest	3 m run	3 m run	3 m run	rest	6	Cross Train
WEEK 2	rest	3 m run	3 m run	3 m run	rest	7	Cross Train
WEEK 3	rest	3 m run	4 m run	3 m run	rest	5	Cross Train
WEEK 4	rest	3 m run	4 m run	3 m run	rest	9	Cross Train
WEEK 5	rest	3 m run	5 m run	3 m run	rest	10	Cross Train
WEEK 6	rest	3 m run	5 m run	3 m run	rest	7	Cross Train
WEEK 7	rest	3 m run	6 m run	3 m run	rest	12	Cross Train
WEEK 8	rest	3 m run	6 m run	3 m run	rest	13	Cross Train
WEEK 9	rest	3 m run	7 m run	4 m run	rest	10	Cross Train
WEEK 10	rest	3 m run	7 m run	4 m run	rest	15	Cross Train
WEEK 11	rest	4 m run	8 m run	4 m run	rest	16	Cross Train
WEEK 12	rest	4 m run	8 m run	5 m run	rest	12	Cross Train
WEEK 13	rest	4 m run	9 m run	5 m run	rest	18	Cross Train
WEEK 14	rest	5 m run	9 m run	5 m run	rest	14	Cross Train
WEEK 15	rest	5 m run	10 m run	5 m run	rest	20	Cross Train
WEEK 16	rest	5 m run	8 m run	4 m run	rest	12	Cross Train
WEEK 17	rest	4 m run	6 m run	3 m run	rest	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 on Friday.

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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