DetermiNation - ING GA Half / Full Marathon Begining December 5, 2009

Week	Saturday Long Run Date	ING GA Marathon Saturday Run	ING GA Half Marathon Saturday Run	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	NOTES
1	5-Dec	8 miles	3 miles	walk/XT 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	off	
2	12-Dec	10 miles	4 miles	walk/XT 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	off	
3	19-Dec	12 miles	5 miles	walk/XT 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	off	
4	26-Dec	10 miles	6 miles	walk/XT 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	off	
5	2-Jan	14 miles	3 miles	walk/XT 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	off	
6	9-Jan	10 miles	7 miles	walk/XT 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	off	
7	16-Jan	16 miles	4 miles	walk/XT 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	off	
8	23-Jan	10 miles	8 miles	walk/XT 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	off	
9	30-Jan	18 miles	4 miles	walk/XT 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	off	
10	6-Feb	10 miles	9 miles	walk/XT 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	off	
11	13-Feb	20 miles	4 miles	walk/XT 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	off	
12	20-Feb	10 miles	10 miles	walk/XT 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	off	
13	27-Feb	23 miles	4 miles	walk/XT 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	off	
14	6-Mar	10 miles	11 miles	walk/XT 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	off	
15	13-Mar	8 miles	5 miles	walk/XT 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	off	
16	20-Mar	RACE 3-21-10	RACE 3-21-10	walk/XT 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	**off**	.
	The Saturday Morning Group long run will be at 7:30 AM at 10th & Broadway	**The Long runs will be completed using a Run Walk Method, the marathon program is based on a long run of 7 miles**	**The Long runs will be completed using a Run Walk Method, the half marathon program is based on a long run of 3 miles**	**Cross Training can be walking, Ellipitcal Machine, RPM or other Non Weight Bearing Aerobic workouts.**	**You can run Tuesday and Thursday rather than Monday and Wednesday if this works best for you schedule.**				**Rest & Don't the day before your long run**	
	Please Contact Dr. Ed at Olympiced@aol.com for info									.