

2012 INDY MINI-MARATHON

WEEKLY TRAINING SESSIONS

**Free and open to all walkers, joggers and runners
preparing for the Indy Mini-Marathon**

Every Saturday at 8:00 A.M., Sunshine, Rain or Snow

Meet at IU Heath/BMH Wellness Center, 2300 W. Gilbert Street

**Parking available on Gilbert Steet, Burriss School lot or parking garage behind
Wellness Center**

Schedule of Training Sessions

Jan. 7	3 - 6 miles	Mar. 10	7 - 10 miles
Jan. 14	3 - 6 miles	Mar. 17	9 - 12 miles
Jan. 21	4 - 7 miles	Mar. 24	7 - 10 miles
Jan. 28	4 - 7 miles	Mar. 31	10 - 13 miles
Feb. 4	5 - 8 miles	Apr. 7	8 - 11 miles
Feb. 11	6 - 9 miles	Apr. 14	11 - 14 miles
Feb. 18	5 - 8 miles	Apr. 21	8 - 12 miles
Feb. 25	6 - 9 miles	Apr. 28	4-7 miles
Mar. 3	8 - 11 miles	Mini, May 5th	13.1 miles

“The miracle isn’t that I finished, it’s that I had the courage to begin”

“It doesn’t matter whether you come in first, in the middle or last. You can say ‘I have finished’. There is a lot of satisfaction in that.”



2012

One America 500 Festival

INDY MINI-MARATHON

***RECOMMENDED MINIMUM WEEKLY TRAINING
MILEAGE***

<u>WEEK OF</u>	<u>DAILY</u>	<u>LONG DAY</u>	<u>WEEKLY TOTAL</u>
Jan. 1	2-3 miles X 2-3 days plus	3-6 miles	7-15 miles
Jan. 8	2-3 miles x 2-3 days plus	3-6 miles	7-15 miles
Jan. 15	2-3 miles x 2-3 days plus	4-7 miles	8-16 miles
Jan. 22	2-3 miles x 2-3 days plus	4-7 miles	8-16 miles
Jan. 29	2-3 miles x 2-3 days plus	5-8 miles	9-20 miles
Feb. 5	3-4 miles x 2-3 days plus	6-9 miles	12-21 miles
Feb. 12	3-4 miles x 2-3 days plus	5-8 miles	11-20 miles
Feb. 19	3-5 miles x 2-3 days plus	6-9 miles	12-24 miles
Feb. 26	3-5 miles x 2-3 days plus	8-11 miles	14-26 miles
Mar. 4	3-6 miles x 2-3 days plus	7-10 miles	13-28 miles
Mar.11	3-6 miles x 2-3 days plus	9-12 miles	15-30 miles
Mar. 18	4-6 miles x 2-3 days plus	7-10 miles	15-28 miles
Mar. 25	4-6 miles x 2-3 days plus	10-13 miles	18-31 miles
Apr. 1	4-6 miles x 2-3 days plus	8-11 miles	16-29 miles
Apr. 8	4-6 miles x 2-3 days plus	11-14 miles	19-32 miles
Apr. 15	3-4 miles x 2-3 days plus	8-12 miles	14-30 miles
Apr. 22	3-4 miles x 2-3 days plus	4-7 miles	16-28 miles
Apr. 29	2-3 miles x 2-3 days plus	13.1 miles (Mini)	17-22 miles