

ATHENS GA HALF MARATHON OCTOBER 22-23, 2011

TRAINING PROGRAM

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
	Run 1 (RPE=7-8)		Run 2 (RPE = 6-7)	Run 3 (RPE = 6-7)		Run 4 (RPE = 5-6)	
1 7/11-7/17	1 min run 2 min walk x 6	rest	3 min run 2 min walk x 4	3 mile run	rest	4 mile Group Run	rest
2 7/18-7/24	2 min run 2 min walk x 5	rest	5 min run 2 min walk x 3	3 mile run	rest	4 mile run	rest
3 7/25-7/31	3 min run 2 min walk x 4	rest	6 min run 2 min walk x 3	3 mile run	rest	5 mile Group Run	rest
4 8/1-8/7	30 min walk/ easy jog	rest	30 min walk/ easy jog	3 mile run	rest	4 mile run	rest
5 8/8-8/14	1 min run 1 min walk x 8	rest	6 min run 2 min walk x 3	3 mile run	rest	5 mile Group Run	rest
6 8/15-8/21	2 min run 1 min walk x 6	rest	8 min run 2 min walk x 3	3.5 mile run	rest	6 mile run	rest
7 8/22-8/28	3 min run 1 min walk x 5	rest	10 min run 2 min walk x 3	3.5 mile run	rest	7 mile Group Run	rest
8 8/29-9/4	40 min walk/ easy jog	rest	40 min walk/ easy jog	4 mile run	rest	5 mile run	rest
9 9/5-9/11	3 min run 1 min walk x 6	rest	10 min run 2 min walk x 3	4 mile run	rest	8 mile Group Run	rest
10 9/12-9/18	5 min run 1 min walk x 4	rest	15 min run 2 min walk x 2	4.5 mile run	rest	9 mile Group Run	rest
11 9/19-9/25	45 min walk/ easy jog	rest	45 min walk/ easy jog	4.5 mile run	rest	5 mile run	rest
12 9/26-10/2	5 min run 1 min walk x 5	rest	15 min run 2 min walk x 2	5 mile run	rest	10 mile Group Run	rest
13 10/3-10/9	6 min run 1 min walk x 5	rest	18 min run 2 min walk x 2	5 mile run	rest	11 mile Group Run	rest
14 10/10-10/16	2 min run 1 min walk x 8	rest	10 min run 2 min walk x 2	4 mile run	rest	7 mile run	rest
15 10/17-10/23	30 min easy jog w/ 4 x 20 sec bursts	rest	20 min easy jog w/ 4 x 20 sec bursts	rest	Easy 2 mile Run	rest	Athens Half Race Day!

Group Runs will leave at 7am from the Athens YMCA Parking lot.
Post-race refreshments will be provided. Join us!