



2010 - Minneapolis Half Marathon Mileage Chart-10 Week Program								
Week	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1 (3/29-4/4)	3	Rest	3	3	Rest	4	Rest	13
2 (4/5-4/11)	3	Rest	4	3	Rest	5	Rest	15
3 (4/12-4/18)	3	Rest	4	3	Rest	6	Rest	16
4 (4/19-4/25)	3	Rest	5	3	Rest	8	Rest	19
5 (4/26-5/2)	3	Rest	5	3	Rest	10	Rest	21
6 (5/3-5/9)	4	Rest	5	4	Rest	11	Rest	24
7 (5/10-5/16)	4	Rest	6	4	Rest	12	Rest	26
8 (5/17-5/23)	4	Rest	5	4	Rest	9	Rest	22
9 (5/24-5/30)	3	Rest	4	3	Rest	8	Rest	18
10 (5/31-6/6)	3	Rest	3	Rest	Walk 2	Rest	13.1	21.1

Polar Dash | Get Lucky! | Minneapolis Marathon | Minneapolis Duathlon | Monster Dash & Half Marathon
Team Ortho Foundation
1170 15th Avenue SE Suite #307
Minneapolis, MN 55414
Ph: 612-746-1364 | teamortho@gmail.com