



2011 Team Ortho Half Marathon Training

Date	M	T	W	TH	F	SA	SU	Total
3/21-3/27	3 miles	OFF	3 miles	3 miles	OFF	5 miles	OFF	14
3/28-4/3	3 miles	OFF	3 miles	3 miles	OFF	6 miles	OFF	15
4/4-4/10	3 miles	OFF	4 miles	3 miles	OFF	7 miles	OFF	17
4/11-4/17	3 miles	OFF	4 miles	3 miles	OFF	8 miles	OFF	18
4/18-4/24	3 miles	OFF	5 miles	3 miles	OFF	9 miles	OFF	20
4/25-5/1	3 miles	OFF	6 miles	3 miles	OFF	10 miles	OFF	22
5/2-5/8	3 miles	OFF	7 miles	3 miles	OFF	6 miles (recovery run)	OFF	19
5/9-5/15	3 miles	OFF	7 miles	3 miles	OFF	11 miles	OFF	24
5/16-5/22	3 miles	OFF	7 miles	3 miles	OFF	12 miles	OFF	25
5/23-5/29	3 miles	OFF	5 miles	3 miles	OFF	8 miles**	OFF	19
5/30-6/5	3 miles	OFF	3 miles	2 miles	OFF	2 mile walk	Half Marathon	23.1

**No organized Team Ortho group training on these days.

