



## 2011 Team Ortho Training

Date	M	T	W	TH	F	SA	SU	Total
2/7-2/13	3 miles	OFF	3 miles	3 miles	OFF	6 or 8 miles	OFF	15-17
2/14-2/20	3 miles	OFF	4 miles	3 miles	OFF	8 miles	OFF	18
2/21-2/27	3 miles	OFF	4 miles	3 miles	OFF	10 miles	OFF	20
2/28-3/6	3 miles	OFF	4 miles	3 miles	OFF	12 miles	OFF	22
3/7-3/13	3 miles	OFF	4 miles	3 miles	OFF	8 miles**	OFF	18
3/14-3/20	3 miles	OFF	3 miles	3 miles	OFF	Get Lucky 13.1**	OFF	22.1
3/21-3/27	4 miles	OFF	5 miles	4 miles	OFF	10 miles	OFF	23
3/28-4/3	4 miles	OFF	5 miles	4 miles	OFF	13 miles	OFF	26
4/4-4/10	4 miles	OFF	6 miles	4 miles	OFF	14 miles	OFF	28
4/11-4/17	4 miles	OFF	6 miles	4 miles	OFF	15 miles	OFF	29
4/18-4/24	4 miles	OFF	7 miles	4 miles	OFF	16 miles	OFF	31
4/25-5/1	4 miles	OFF	8 miles	4 miles	OFF	10 (recovery	OFF	26
5/2-5/8	5 miles	OFF	7 miles	4 miles	OFF	18 miles	OFF	34
5/9-5/15	5 miles	OFF	6 miles	4 miles	OFF	20 miles	OFF	35
5/16-5/22	5 miles	OFF	8 miles	5 miles	OFF	12 miles	OFF	30
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	MPLS Marathon	36.2
**No organized Team Ortho training run scheduled this day.								

