

Remember the joy of running?



7 Week Training Program - Airtel Delhi Half-Marathon (9th November 2008)							
Week	MON	TUE	WED	THU	FRI	SAT	SUN
1 [22nd Sep - 28th Sep]	Rest	5 km	Easy Run	5.5 km	Rest	Cross Train	LSD 60 Min
2 [29th Sep - 05th Oct]	Rest	7 km	Easy Run	7 km	Rest	Cross Train	LSD 70 Min
3 [06th Oct - 12th Oct]	Rest	8 km	Easy Run	8 km	Rest	Cross Train	LSD 75 Min
4 [13th Oct - 19th Oct]	Rest	9 km	Easy Run	9.5 km	Rest	Cross Train	LSD 80 Min
5 [20th Oct - 26th Oct]	Rest	11 km	Easy Run	11 km	Rest	Cross Train	LSD 85 Min
6 [27th Oct - 02nd Nov]	Rest	12.5 km	Easy Run	14 km	Rest	Cross Train	LSD 90 Min
7 [03rd Nov - 09th Nov]	Rest	10 km	Easy Run	7 km	Easy Run	Rest	Race Day 21.097 km

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Easy Run	An easy or recovery run done at a comfortable pace.
Cross Train	Cross training that can include any one of a number of low-impact sports (i.e. bicycling, swimming, hiking, exercise machines, weight training) that burn calories and provide cardiovascular benefits while giving you a physical and mental break from running.
LSD	Long slow distance runs of 1 to 3 hours in duration. These runs may include brief breaks for walking, stretching, rehydration, and bathroom visits. Beginners should cover these runs at their goal marathon pace. Intermediate and Advanced runners should start at a pace slower than their goal marathon pace, and finish at slightly faster than goal marathon pace.

Designed By: S. Chander