

## Indy Mini Training Schedule

Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Feb. 5	3 miles	rest/easy	3 miles	rest	2 easy	5 miles	off - 2/11
Feb. 12	3 miles	rest/easy	3 miles	rest	2 easy	6 miles	off - 2/16
Feb. 19	3 miles	rest/easy	3 miles	rest	2 easy	7 miles	off - 2/25
Feb. 26	3 miles	rest/easy	4 miles	rest	3 easy	4 miles	off - 3/4
Mar. 5	3 miles	rest/easy	4 miles	rest	3 easy	8 miles	off - 3/11
Mar. 12	4 miles	rest/easy	4 miles	rest	3 easy	9 miles	off - 3/18
Mar. 19	4 miles	rest/easy	4 miles	rest	3 easy	10 miles	off - 3/25
Mar. 26	2 miles	rest/easy	3 miles	rest	2 easy	6 miles	off - 4/1
Apr. 2	4 miles	rest/easy	5 miles	rest	3 easy	11 miles	off - 4/8
Apr. 9	4 miles	rest/easy	5 miles	rest	3 easy	12 miles	off - 4/15
Apr. 16	4 miles	rest/easy	5 miles	rest	3 easy	10 miles	off - 4/22
Apr. 23	3 miles	rest/easy	4 miles	rest	3 easy	6 miles	off - 4/29
Apr. 30	2 miles	rest/easy	3 miles	2 easy	off	<b>INDY 5/5</b>	off

### Indy Mini Training Schedule (Advanced)

Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mar. 5	4 miles	4x400	6 tempo	rest	3 easy	4 pace	8 miles
Mar. 12	4 miles	2x800	6 tempo	rest	3 easy	5K race	9 miles
Mar. 19	rest	6x400	4 tempo	rest	3 easy	rest	10m (H)
Mar. 26	4 miles	4x800	6 tempo	rest	4 easy	4m pace	11 miles
Apr. 2	4 miles	3x1 mile	7 tempo	rest	3 easy	5K race	12 miles
Apr. 9	rest	5x800	4 tempo	rest	4 easy	rest	8 miles
Apr. 16	3 miles	4x1 mile	7 tempo	rest	3 easy	5m pace	13m (H)
Apr. 23	3 miles	6x800	7 tempo	rest	4 easy	3 pace	14 miles
Apr. 30	2 miles	6x400	rest	4 tempo	off	<b>INDY 5/5</b>	off