



JUNE 2010

MARATHON TRAINING SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Welcome to Team Curing Hand. Thank you for taking a lifesaving step towards the finish line and making a difference.</p>		1	2	3	4	5 "Kick-off" Run & Meet/Greet (3 miles)
6 Recovery Run 30 min-Easy	7 Rest	8 3 miles	9 X-train 30-40 min	10 3 miles	11 Rest	12 5 miles
13 Recovery Run 30 min-Easy	14 Rest	15 4 miles	16 Intervals 30-40 min	17 3 miles	18 Rest	19 7 miles
20 Recovery Run 40 min-Easy	21 Rest	22 3 miles	23 X-train 30-40 min	24 3 miles	25 Rest	26 5 miles
27 Recovery Run 40 min-Easy	28 Rest	29 3 miles	30 Intervals 30-40 min	<p>The mission of The Ishan Gala Foundation is to fund research initiatives committed to finding less toxic treatments for the children fighting pediatric cancer, and to help assist the families in this battle with any financial burdens treatments may have cost them along the way.</p>		


The Ishan Gala Foundation is 501(c)3 non-profit organization. This training is not mandatory but highly recommended for the safety and well being of our runners.



JULY 2010

MARATHON TRAINING SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>What is Neuroblastoma? Neuroblastoma is a form of cancer that starts in certain types of very primitive developing nerve cells found in an embryo or fetus. (The term neuro indicates "nerves," while blastoma refers to a cancer that affects immature or developing cells). This type of cancer occurs in infants and young children. It is rarely found in children older than 10 years.</p>				1 30 min Hills 15 min cooldown	2 Rest	3 6 miles
4 	5 Rest	6 3 miles-Pace	7 X-train 30-40 min	8 4 miles-Easy	9 Rest	10 8 miles
11 Recovery Run 30 min-Easy	12 Rest	13 4 miles-Easy	14 Intervals 30-40 min	15 3 miles-Tempo	16 Rest	17 10 miles
18 Recovery Run 30 min-Easy	19 Rest	20 3 miles-Pace	21 X-train 30-40 min	22 30 min Hills 15 min cooldown	23 Rest	24 8 miles
25 Recovery Run 30 min-Easy	26 Rest	27 3 miles-Easy	28 Intervals 30-40 min	29 4 miles-Pace	30 Rest	31 10 miles RECOMMIT DEADLINE!!!

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AUGUST 2010

MARATHON TRAINING SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Recovery Run 30-40 min-Easy	2 Rest	3 30 min Hills 15 min cooldown	4 X-train 30-40 min	5 4 miles-Easy	6 Rest	7 12 miles
8 Recovery Run 30-40 min-Easy	9 Rest	10 5 miles	11 Intervals 30-40 min	12 3 miles-Pace	13 Rest	14 10 miles
15 Recovery Run 30-40 min-Easy	16 Rest	17 40 min Hills 15 min cooldown	18 X-train 30-40 min	19 4 miles-Easy	20 Rest	21 12 miles
22 Recovery Run 30-40 min-Easy	23 Rest	24 5 miles	25 Intervals 30-40 min	26 4 miles-Easy	27 Rest	28 14 miles
29 Recovery Run 30-40 min-Easy	30 Rest	31 30 min Hills 15 min cooldown	<p>Congratulations! You are halfway there!</p> <p>Thank you for committing your time and effort to saving the life of a child with every penny you raise and every step you take. Every 16 hours a child with neuroblastoma dies, every day 46 kids in schools around the country are diagnosed. Keep RUNNING, Keep FIGHTING!</p>			


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SEPTEMBER 2010

MARATHON TRAINING SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>This month will require the most effort your body has ever demanded ramping up for your longest run on Oct 2nd. Train consistently and in full awareness to prevent injury. Remember to rest and eat properly!</p>			1 X-train 30-40 min	2 4 miles-Pace	3 Rest	4 16 miles
5 Recovery Run 30 min-Easy	6 	7 5 miles-Easy	8 Intervals 30-40 min	9 30 min Hills 15 min cooldown	10 Rest	11 10 miles
12 Recovery Run 30 min-Easy	13 Rest	14 4 miles-Tempo	15 X-train 30-40 min	16 4 miles	17 Rest	18 18 miles
19 Recovery Run 40 min-Easy	20 Rest	21 5 miles	22 Intervals 30-40 min	23 30 min Hills 15 min cooldown	24 Rest	25 14 miles
26 Recovery Run 40 min-Easy	27 Rest	28 3 miles	29 X-train 30-40 min	30 4 miles	<p>T-togetherwe accomplish more E-endure the temporary pain A-achieve a monumental goal M-make every moment count!</p>	

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OCTOBER 2010

MARATHON TRAINING SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>It's here! Race month and your longest run of the training season! How do you feel? Nervous? That's ok and it's also normal! Now is the time to purchase your race day shoes!</p> <p>When it hurts your body and you just want to quit, remember those little angels who soldier through it all. YOU CAN DO THIS!</p>					1 Rest	2 20 miles
3 Recovery Run 30 min-Easy	4 Rest	5 4 miles	6 Intervals 30-40 min	7 3 miles	8 Rest	9 12 miles
10 Recovery Run 30-40 min-Easy	11 	12 3 miles-Hills	13 X-train 30-40 min	14 4 miles	15 Rest	16 8 miles
17 9 Recovery Run 30 min-Easy	18 Rest	19 3 miles	20 Intervals 30-40 min	21 3 miles-Tempo	22 Rest	23 6 miles
24 Recovery Run 20 min-Easy	25 Rest	26 3 miles	27 X-train 30 min	28 Rest	29 Easy 20 minutes	30 Packet Pickup Pasta Dinner TBD
31  RACE DAY	<h1 style="text-align: center;">Congratulations Hero!!! Thank You & Well Done!</h1>					