



## Training Schedule

For Midnight Madness 50 Miler - July 1, 2011

Date Range		Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Remarks
From	To								
5/2	5/8	6	4-5		4		16	OFF	
5/9	5/15	6	4-5		4	OFF	20	OFF	Night Run #1
5/16	5/22	6	4-5		6	24	OFF	4	Night Run #2
5/23	5/29	7	4-5		6		OFF	26.2	Andy Payne Sunday
5/30	6/5	OFF	4-5		8		31.1	OFF	Tail Twister 50K
6/6	6/12	8	4-5		4	30	OFF	3	Night Run #3
6/13	6/19	8	4-5		4		32	OFF	Night Run #4
6/20	6/26	8	4-5		8		8	3	TAPER
6/27	7/3	3	OFF	3	OFF	50	OFF	Walk	MM 50