

Mississauga 1/2 Marathon 2013 - from 15km

Week	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1 Mar. 23	15km ATB	Rest	Recovery	Rest	Rest	6km/90 sec sprints x 2	Rest
2 Mar. 30	12km	Rest	10km	Rest	Rest	6km/Hill Repeat x 3	Rest
3 Apr. 6	17km	Rest	10km	Rest	Rest	8km/90 sec sprints x3	Rest
4 Apr. 13	19km	Rest	10km	Rest	Rest	8km/90 sec sprints x3	Rest
5 Apr. 20	21km	Rest	10km	Rest	Rest	8km/Hill repeat x 3	Rest
6 Apr. 27	15km	Rest	8km	Rest	Rest	6km/90 sec sprint x 3	Rest
7 May 5	Rest	Race Day May 5	Rest	Rest	Rest	Rest	Rest