



ONEAMERICA  
**MINI**  
**MARATHON**



**2022 TRAINING GUIDE**

## 14 Week Training Program

Enjoy this free training plan courtesy of the **500 Festival!** Whether you are a rookie or veteran participant, we thank you for your participation.

Week	Date	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	1/30 - 2/5	REST	3	CROSS TRAIN	2	YOGA/STRENGTH	3	3
2	2/6 - 2/12	REST	3	CROSS TRAIN	2	YOGA/STRENGTH	3	4
3	2/13 - 2/19	REST	3	CROSS TRAIN	2	YOGA/STRENGTH	3	5
4	2/20 - 2/26	REST	4	CROSS TRAIN	3	YOGA/STRENGTH	4	4
5	2/27 - 3/5	REST	4	CROSS TRAIN	3	YOGA/STRENGTH	4	6
6	3/6 - 3/12	REST	3	CROSS TRAIN	3	YOGA/STRENGTH	4	5
7	3/13 - 3/19	REST	3	CROSS TRAIN	4	YOGA/STRENGTH	5	7
8	3/20 - 3/26	REST	4	CROSS TRAIN	4	YOGA/STRENGTH	5	7
9	3/27 - 4/2	REST	4	CROSS TRAIN	5	YOGA/STRENGTH	6	8
10	4/3 - 4/9	REST	4	CROSS TRAIN	5	YOGA/STRENGTH	7	9
11	4/10 - 4/16	REST	4	CROSS TRAIN	6	YOGA/STRENGTH	8	10
12	4/17 - 4/23	REST	4	CROSS TRAIN	6	YOGA/STRENGTH	6	8
13	4/24 - 4/30	REST	3	CROSS TRAIN	4	YOGA/STRENGTH	4	6
14	5/1 - 5/7	REST	3	CROSS TRAIN	2	YOGA/STRENGTH	3	INDY MINI

### DATES TO NOTE

- **Saturday, 2/5;** 500 Festival Miler Series, presented by OrthoIndy 3-Miler (In **GREEN**)
- **Saturday, 3/5;** 500 Festival Miler Series, presented by OrthoIndy 6-Miler (In **GREEN**)
- **Saturday, 4/2;** 500 Festival Miler Series, presented by OrthoIndy 10-Miler (In **GREEN**)
- **Saturday, 5/7;** OneAmerica 500 Festival Mini-Marathon (In **RED**)

### ITEMS TO NOTE

- Sundays are reserved for rest/recovery days
- Tuesdays are used for cross training or other multi-skilled exercises
- Thursdays are dedicated for either active stretching/yoga or a weight bearing workout
- Saturdays are considered long run days
- Numbers in cell boxes refer to mileage for that day