



JUNE 2011

MARATHON TRAINING SCHEDULE




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<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>			1	2	3	4
5	6	7	8	9	10	11 "Kick-off" Celebration
12 Recovery Run 30 min-Easy	13 Rest	14 2 miles	15 Intervals 25-30 min	16 3 miles	17 Rest	18 3 miles
19 Recovery Run 40 min-Easy	20 Rest	21 3 miles	22 X-train 30-40 min	23 3 miles	24 Rest	25 5 miles
26 Recovery Run 40 min-Easy	27 Rest	28 4 miles	29 Intervals 30-40 min	30 3 miles	<p>Welcome to Team Curing Hand. Thank you for taking a lifesaving step towards the finish line and making a difference.</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 2011

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 Rest	2 7 miles
3 Recovery Run 30 min-Easy	4 	5 3 miles-Pace	6 X-train 30-40 min	7 4 miles-Easy	8 Rest	9 5 miles
10 Recovery Run 30 min-Easy	11 Rest	12 4 miles-Easy	13 Intervals 30-40 min	14 3 miles-Tempo	15 Rest	16 8 miles
17 Recovery Run 30 min-Easy	18 Rest	19 30 min Hills 15 min cooldown	20 X-train 30-40 min	21 3 miles-Pace	22 Rest	23 10 miles
24 Recovery Run 40 min-Easy	25 Rest	26 4 miles-Easy	27 Intervals 30-40 min	28 4 miles-Pace	29 Rest	30 12 miles
31 Recovery Run 40 min-Easy						



AUGUST 2011

MARATHON TRAINING SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Rest	2 30 min Hills 15 min cooldown	3 X-train 30-40 min	4 4 miles-Easy	5 Rest	6 8 miles
7 Recovery Run 30-40 min-Easy	8 Rest	9 5 miles	10 Intervals 30-40 min	11 3 miles-Pace	12 Rest	13 10 miles
14 Recovery Run 30-40 min-Easy	15 Rest	16 40 min Hills 15 min cooldown	17 X-train 30-40 min	18 4 miles-Easy	19 Rest	20 12 miles
21 Recovery Run 30-40 min-Easy	22 Rest	23 5 miles	24 Intervals 30-40 min	25 4 miles-Pace	26 Rest	27 16 miles
28 Recovery Run 30-40 min-Easy	29 Rest	30 30 min Hills 15 min cooldown	31 X-train 30-40 min	<p>Congratulations! You are halfway there! 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 2011

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 1st. Train consistently and in full awareness to prevent injury. Remember to rest and eat properly!</p>			<p>T-togetherwe accomplish more E-ndure the temporary pain A-chieve a monumental goal M-make every moment count!</p>		<p>1 4 miles-Pace</p>	<p>2 Rest</p>	<p>3 12 miles</p>
<p>4 Recovery Run 30-40 min-Easy</p>	<p>5 </p>	<p>6 5 miles-Easy</p>	<p>7 Intervals 30-40 min</p>	<p>8 30 min Hills 15 min cooldown</p>	<p>9 Rest</p>	<p>10 18 miles</p>	
<p>11 Recovery Run 30-40 min-Easy</p>	<p>12 Rest</p>	<p>13 4 miles-Tempo</p>	<p>14 X-train 30-40 min</p>	<p>15 4 miles</p>	<p>16 Rest</p>	<p>17 14 miles</p>	
<p>18 Recovery Run 30-40 min-Easy</p>	<p>19 Rest</p>	<p>20 5 miles</p>	<p>21 Intervals 30-40 min</p>	<p>22 30 min Hills 15 min cooldown</p>	<p>23 Rest</p>	<p>24 16 miles</p>	
<p>25 Recovery Run 30-40 min-Easy</p>	<p>26 Rest</p>	<p>27 3 miles</p>	<p>28 X-train 30-40 min</p>	<p>29 4 miles</p>	<p>30 Rest</p>	<p>YOU ARE A HERO!</p>	

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OCTOBER 2011

MARATHON TRAINING SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>What is a Hero? A hero thinks of others before they think of themselves * A hero can be of any age, any colour * A hero can be man, woman or child * A hero is courageous, loving and brave * A hero will never complain * A hero can be made in one act of compassion * Hero's are angels in disguise, saving precious innocent lives * HEROES are people like YOU! Thank you for being a hero to us!!</p>						<p>1</p> <p>20 miles</p>
<p>2</p> <p>Recovery Run 30-40 min-Easy</p>	<p>3</p> <p>Rest</p>	<p>4</p> <p>4 miles</p>	<p>5</p> <p>Intervals 30-40 min</p>	<p>6</p> <p>3 miles</p>	<p>7</p> <p>Rest</p>	<p>8</p> <p>12 miles</p>
<p>9</p> <p>Recovery Run 30-40 min-Easy</p>	<p>10</p> 	<p>11</p> <p>3 miles-Hills</p>	<p>12</p> <p>X-train 30-40 min</p>	<p>13</p> <p>4 miles</p>	<p>14</p> <p>Rest</p>	<p>15</p> <p>8 miles</p>
<p>16</p> <p>Recovery Run 30 min-Easy</p>	<p>17</p> <p>Rest</p>	<p>18</p> <p>3 miles</p>	<p>19</p> <p>Intervals 30-40 min</p>	<p>20</p> <p>3 miles-Tempo</p>	<p>21</p> <p>Rest</p>	<p>22</p> <p>6 miles</p>
<p>23</p> <p>Recovery Run 20 min-Easy</p>	<p>24</p> <p>Rest</p>	<p>25</p> <p>3 miles</p>	<p>26</p> <p>X-train 30 min</p>	<p>27</p> <p>Rest!!!</p>	<p>28</p> <p>Easy 20 minutes</p>	<p>29</p> <p>Packet Pickup Pasta Dinner TBD</p>
<p>30</p>  <p>RACE DAY</p>	<p>31</p>	<p>Congratulations Hero!!! Thank You & Well Done!</p>				