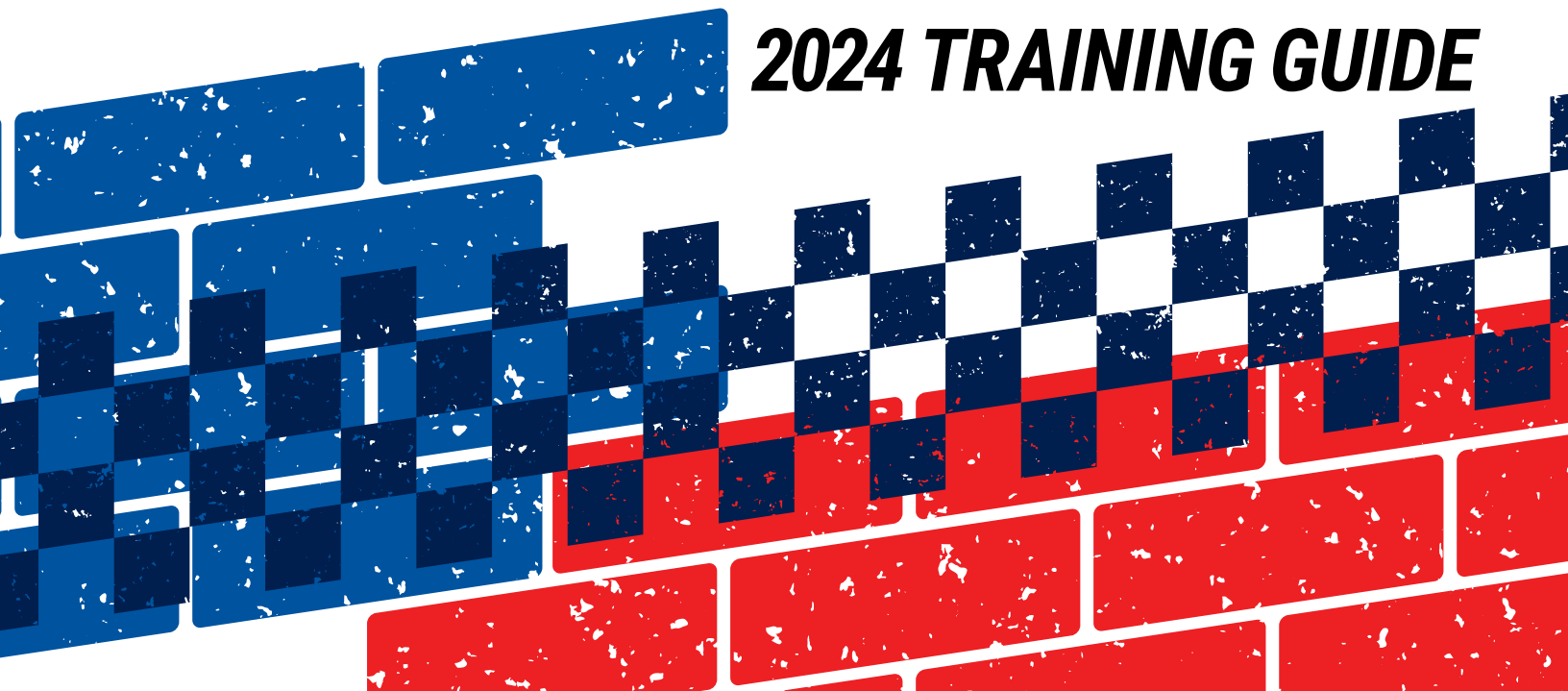


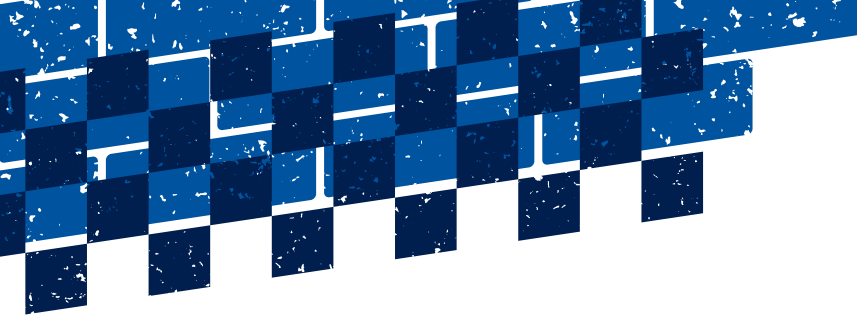


ONE AMERICA **MINI MARATHON**



2024 TRAINING GUIDE





14-WEEK TRAINING PROGRAM

Step up to the start line with confidence at the OneAmerica 500 Festival Mini-Marathon by following this 14-week training plan! Whether you're a rookie or a veteran participant, this training plan will fuel you to that checkered flag finish!

Visit IndyMini.com for locations and start times of the Miler Series and Mini-Marathon. Follow us on social media for more training tips, advice, updates, and more!

Week	Dates	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	1/28 - 2/3	Rest & Recovery Day	3 miles	30 minutes Cross Training (Yoga/Strength/Stretch)	2 miles	Rest OR 30 minutes Cross Training (Yoga/Strength/Stretch)	2 miles	3 miles
2	2/4 - 2/10		3 miles		2 miles		3 miles	
3	2/11 - 2/17		3 miles		2 miles		3 miles	4 miles
4	2/18 - 2/24		2 miles		4 miles		4 miles	5 miles
5	2/25 - 3/2		4 miles		3 miles		4 miles	5 miles
6	3/3 - 3/9		3 miles		3 miles		4 miles	6 miles
7	3/10 - 3/16		3 miles		4 miles		5 miles	7 miles
8	3/17 - 3/23		4 miles		4 miles		6 miles	8 miles
9	3/24 - 3/30		4 miles		5 miles		7 miles	9 miles
10	3/31 - 4/6		4 miles		5 miles		8 miles	10 miles
11	4/7 - 4/13		4 miles		6 miles		9 miles	9 miles
12	4/14 - 4/20		4 miles		6 miles		8 miles	8 miles
13	4/21 - 4/27		3 miles		4 miles		6 miles	6 miles
14	4/28 - 5/4		3 miles		2 miles		3 miles	3 miles

ITEMS TO NOTE

- » **Saturday, 2/10** 500 Festival Miler Series, 3-Miler (In **GREEN**)
- » **Saturday, 3/9** 500 Festival Miler Series, 6-Miler (In **GREEN**)
- » **Saturday, 4/6** 500 Festival Miler Series, 10-Miler (In **GREEN**)
- » **Saturday, 5/4** OneAmerica 500 Festival Mini-Marathon (In **RED**)

- » **Sundays** are reserved for rest/recovery days
- » **Tuesdays** are used for cross training or other multi-skilled exercises
- » **Thursdays** are dedicated for rest or an active yoga, strength, or stretch workout
- » **Saturdays** are considered long run days

Have questions about your training or need a little push?
 Email marketingteam@500festival.com for some motivation and helpful tips and advice.

