

2018 MARATHON AND HALF MARATHON TRAINING SCHEDULE

Week of:	Saturday*	Sunday	Monday*	Tuesday	Wednesday*	Thursday	Friday
June 23, 2018	6/3 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
June 30th, 2018	7/4 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
July 7th, 2018	8/4 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
July 14, 2018	9/5 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
July 21, 2018	10/5 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
July 28, 2018	12/6 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
August 4, 2018	6/3 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
August 11, 2019	14/7 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
August 18, 2018	8/5 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
August 25, 2018	16/8 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
September 1, 2018	8/4 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
September 8, 2018	18/9 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
September 15, 2018	8/4 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
September 22, 2018	20/10 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
September 29, 2018	8/4 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
October 6, 2018	10/5 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
Octobr 13, 2018	23/12 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
October 20, 2018	8/4 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
October 27, 2018	12/8 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest

November 3, 2018	8/4 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
X-train days can be: Weights, Aerobic class, Swimming, Biking , Yoga, etc...							