

Based on the given information, here is a suggested running calendar plan for Lizzie's marathon training: Start Date: Today's date End Date: December 10, 2023 (Marathon Day) Week 1: - Total Miles: 10 miles - Longest Run: 5 miles (easy pace) - Cross-Training: Elliptical (30 minutes) - Date: [Insert Date] - Cross-Training: Bike Ride (45 minutes) - Date: [Insert Date] Week 2: - Total Miles: 12 miles - Longest Run: 6 miles (easy pace) - Cross-Training: Walk (30 minutes) - Date: [Insert Date] - Cross-Training: Tennis (1 hour) - Date: [Insert Date] Week 3: - Total Miles: 14 miles - Longest Run: 7 miles (easy pace) - Cross-Training: Elliptical (30 minutes) - Date: [Insert Date] - Cross-Training: Bike Ride (45 minutes) - Date: [Insert Date] Week 4: - Total Miles: 16 miles - Longest Run: 8 miles (easy pace) - Cross-Training: Walk (30 minutes) - Date: [Insert Date] - Cross-Training: Tennis (1 hour) - Date: [Insert Date] Week 5: - Total Miles: 18 miles - Longest Run: 9 miles (easy pace) - Cross-Training: Elliptical (30 minutes) - Date: [Insert Date] - Cross-Training: Bike Ride (45 minutes) - Date: [Insert Date] Week 6: - Total Miles: 20 miles - Longest Run: 10 miles (easy pace) - Cross-Training: Walk (30 minutes) - Date: [Insert Date] - Cross-Training: Tennis (1 hour) - Date: [Insert Date] Week 7: - Total Miles: 22 miles - Longest Run: 12 miles (medium pace) - Cross-Training: Elliptical (30 minutes) - Date: [Insert Date] - Cross-Training: Bike Ride (45 minutes) - Date: [Insert Date] Week 8: - Total Miles: 24 miles - Longest Run: 14 miles (medium pace) - Cross-Training: Walk (30 minutes) - Date: [Insert Date] - Cross-Training: Tennis (1 hour) - Date: [Insert Date] Week 9: - Total Miles: 26 miles - Longest Run: 16 miles (medium pace) - Cross-Training: Elliptical (30 minutes) - Date: [Insert Date] - Cross-Training: Bike Ride (45 minutes) - Date: [Insert Date] Week 10: - Total Miles: 28 miles - Longest Run: 18 miles (medium pace) - Cross-Training: Walk (30 minutes) - Date: [Insert Date] - Cross-Training: Tennis (1 hour) - Date: [Insert Date] Week 11: - Total Miles: 30 miles - Longest Run: 20 miles (medium pace) - Cross-Training: Elliptical (30 minutes) - Date: [Insert Date] - Cross-Training: Bike Ride (45 minutes) - Date: [Insert Date] Week 12 (Taper Week): - Total Miles: 20 miles - Longest Run: 10 miles (easy pace) - Cross-Training: Walk (30 minutes) - Date: [Insert Date] - Cross-Training: Tennis (1 hour) - Date: [Insert Date] Marathon Day (December 10, 2023): - Goal Time: Finish under 4 hours and 48 minutes - Pace: Maintain a mile pace under 11 minutes Note: The specific dates for each workout will depend on the start date and the number of days leading up to the marathon. Adjust the dates accordingly. Additionally, it is important to listen to Lizzie's body and make adjustments to the plan as needed to prevent injury or burnout.