



## Workout Plan for giovannik

### *Week 1 - May 13 to May 19*

| MONDAY              | TUESDAY             | WEDNESDAY           | THURSDAY            | FRIDAY              | SATURDAY            | SUNDAY              |
|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|
| <b>3 mi.</b><br>Run | <b>Rest</b><br>Rest | <b>4 mi.</b><br>Run | <b>Rest</b><br>Rest | <b>4 mi.</b><br>Run | <b>5 mi.</b><br>Run | <b>Rest</b><br>Rest |

### *Week 2 - May 20 to May 26*

| MONDAY              | TUESDAY             | WEDNESDAY           | THURSDAY            | FRIDAY              | SATURDAY            | SUNDAY              |
|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|
| <b>3 mi.</b><br>Run | <b>Rest</b><br>Rest | <b>4 mi.</b><br>Run | <b>Rest</b><br>Rest | <b>4 mi.</b><br>Run | <b>5 mi.</b><br>Run | <b>Rest</b><br>Rest |

### *Week 3 - May 27 to June 2*

| MONDAY              | TUESDAY             | WEDNESDAY           | THURSDAY            | FRIDAY              | SATURDAY            | SUNDAY              |
|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|
| <b>3 mi.</b><br>Run | <b>Rest</b><br>Rest | <b>4 mi.</b><br>Run | <b>Rest</b><br>Rest | <b>4 mi.</b><br>Run | <b>5 mi.</b><br>Run | <b>Rest</b><br>Rest |

### *Week 4 - June 3 to June 9*

| MONDAY              | TUESDAY             | WEDNESDAY           | THURSDAY            | FRIDAY              | SATURDAY            | SUNDAY              |
|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|
| <b>3 mi.</b><br>Run | <b>Rest</b><br>Rest | <b>4 mi.</b><br>Run | <b>Rest</b><br>Rest | <b>4 mi.</b><br>Run | <b>5 mi.</b><br>Run | <b>Rest</b><br>Rest |

### *Week 5 - June 10 to June 16*

| MONDAY              | TUESDAY             | WEDNESDAY           | THURSDAY            | FRIDAY              | SATURDAY            | SUNDAY              |
|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|
| <b>3 mi.</b><br>Run | <b>Rest</b><br>Rest | <b>4 mi.</b><br>Run | <b>Rest</b><br>Rest | <b>4 mi.</b><br>Run | <b>5 mi.</b><br>Run | <b>Rest</b><br>Rest |

### *Week 6 - June 17 to June 23*

| MONDAY              | TUESDAY             | WEDNESDAY           | THURSDAY            | FRIDAY              | SATURDAY            | SUNDAY              |
|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|
| <b>3 mi.</b><br>Run | <b>Rest</b><br>Rest | <b>4 mi.</b><br>Run | <b>Rest</b><br>Rest | <b>4 mi.</b><br>Run | <b>5 mi.</b><br>Run | <b>Rest</b><br>Rest |

**Week 7 - June 24 to June 30**

| MONDAY              | TUESDAY             | WEDNESDAY           | THURSDAY            | FRIDAY              | SATURDAY            | SUNDAY              |
|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|
| <b>3 mi.</b><br>Run | <b>Rest</b><br>Rest | <b>4 mi.</b><br>Run | <b>Rest</b><br>Rest | <b>4 mi.</b><br>Run | <b>5 mi.</b><br>Run | <b>Rest</b><br>Rest |

**Week 8 - July 1 to July 7**

| MONDAY              | TUESDAY             | WEDNESDAY           | THURSDAY            | FRIDAY              | SATURDAY            | SUNDAY              |
|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|
| <b>3 mi.</b><br>Run | <b>Rest</b><br>Rest | <b>4 mi.</b><br>Run | <b>Rest</b><br>Rest | <b>4 mi.</b><br>Run | <b>5 mi.</b><br>Run | <b>Rest</b><br>Rest |

**Week 9 - July 8 to July 14**

| MONDAY              | TUESDAY             | WEDNESDAY           | THURSDAY            | FRIDAY              | SATURDAY            | SUNDAY              |
|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|
| <b>3 mi.</b><br>Run | <b>Rest</b><br>Rest | <b>4 mi.</b><br>Run | <b>Rest</b><br>Rest | <b>4 mi.</b><br>Run | <b>5 mi.</b><br>Run | <b>Rest</b><br>Rest |

**Week 10 - July 15 to July 21**

| MONDAY              | TUESDAY             | WEDNESDAY           | THURSDAY            | FRIDAY              | SATURDAY            | SUNDAY              |
|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|
| <b>3 mi.</b><br>Run | <b>Rest</b><br>Rest | <b>4 mi.</b><br>Run | <b>Rest</b><br>Rest | <b>4 mi.</b><br>Run | <b>5 mi.</b><br>Run | <b>Rest</b><br>Rest |

**Week 11 - July 22 to July 28**

| MONDAY              | TUESDAY             | WEDNESDAY           | THURSDAY            | FRIDAY              | SATURDAY            | SUNDAY              |
|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|
| <b>4 mi.</b><br>Run | <b>Rest</b><br>Rest | <b>4 mi.</b><br>Run | <b>Rest</b><br>Rest | <b>4 mi.</b><br>Run | <b>6 mi.</b><br>Run | <b>Rest</b><br>Rest |

**Week 12 - July 29 to Aug. 4**

| MONDAY              | TUESDAY             | WEDNESDAY           | THURSDAY            | FRIDAY              | SATURDAY            | SUNDAY              |
|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|
| <b>4 mi.</b><br>Run | <b>Rest</b><br>Rest | <b>4 mi.</b><br>Run | <b>Rest</b><br>Rest | <b>4 mi.</b><br>Run | <b>8 mi.</b><br>Run | <b>Rest</b><br>Rest |

**Week 13 - Aug. 5 to Aug. 11**

| MONDAY              | TUESDAY             | WEDNESDAY           | THURSDAY            | FRIDAY              | SATURDAY            | SUNDAY              |
|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|
| <b>3 mi.</b><br>Run | <b>Rest</b><br>Rest | <b>3 mi.</b><br>Run | <b>Rest</b><br>Rest | <b>3 mi.</b><br>Run | <b>6 mi.</b><br>Run | <b>Rest</b><br>Rest |

**Week 14 - Aug. 12 to Aug. 18**

| MONDAY              | TUESDAY             | WEDNESDAY           | THURSDAY            | FRIDAY              | SATURDAY            | SUNDAY              |
|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|
| <b>4 mi.</b><br>Run | <b>Rest</b><br>Rest | <b>5 mi.</b><br>Run | <b>Rest</b><br>Rest | <b>4 mi.</b><br>Run | <b>9 mi.</b><br>Run | <b>Rest</b><br>Rest |

**Week 15 - Aug. 19 to Aug. 25**

| MONDAY              | TUESDAY             | WEDNESDAY           | THURSDAY            | FRIDAY              | SATURDAY             | SUNDAY              |
|---------------------|---------------------|---------------------|---------------------|---------------------|----------------------|---------------------|
| <b>5 mi.</b><br>Run | <b>Rest</b><br>Rest | <b>5 mi.</b><br>Run | <b>Rest</b><br>Rest | <b>4 mi.</b><br>Run | <b>10 mi.</b><br>Run | <b>Rest</b><br>Rest |

**Week 16 - Aug. 26 to Sept. 1**

| MONDAY              | TUESDAY             | WEDNESDAY           | THURSDAY            | FRIDAY              | SATURDAY             | SUNDAY              |
|---------------------|---------------------|---------------------|---------------------|---------------------|----------------------|---------------------|
| <b>5 mi.</b><br>Run | <b>Rest</b><br>Rest | <b>6 mi.</b><br>Run | <b>Rest</b><br>Rest | <b>4 mi.</b><br>Run | <b>12 mi.</b><br>Run | <b>Rest</b><br>Rest |

**Week 17 - Sept. 2 to Sept. 8**

| MONDAY              | TUESDAY             | WEDNESDAY           | THURSDAY            | FRIDAY              | SATURDAY             | SUNDAY              |
|---------------------|---------------------|---------------------|---------------------|---------------------|----------------------|---------------------|
| <b>5 mi.</b><br>Run | <b>Rest</b><br>Rest | <b>6 mi.</b><br>Run | <b>Rest</b><br>Rest | <b>5 mi.</b><br>Run | <b>13 mi.</b><br>Run | <b>Rest</b><br>Rest |

**Week 18 - Sept. 9 to Sept. 15**

| MONDAY              | TUESDAY             | WEDNESDAY           | THURSDAY            | FRIDAY              | SATURDAY             | SUNDAY              |
|---------------------|---------------------|---------------------|---------------------|---------------------|----------------------|---------------------|
| <b>4 mi.</b><br>Run | <b>Rest</b><br>Rest | <b>4 mi.</b><br>Run | <b>Rest</b><br>Rest | <b>4 mi.</b><br>Run | <b>10 mi.</b><br>Run | <b>Rest</b><br>Rest |

**Week 19 - Sept. 16 to Sept. 22**

| MONDAY              | TUESDAY             | WEDNESDAY           | THURSDAY            | FRIDAY              | SATURDAY             | SUNDAY              |
|---------------------|---------------------|---------------------|---------------------|---------------------|----------------------|---------------------|
| <b>6 mi.</b><br>Run | <b>Rest</b><br>Rest | <b>6 mi.</b><br>Run | <b>Rest</b><br>Rest | <b>5 mi.</b><br>Run | <b>14 mi.</b><br>Run | <b>Rest</b><br>Rest |

**Week 20 - Sept. 23 to Sept. 29**

| MONDAY              | TUESDAY             | WEDNESDAY           | THURSDAY            | FRIDAY              | SATURDAY             | SUNDAY              |
|---------------------|---------------------|---------------------|---------------------|---------------------|----------------------|---------------------|
| <b>6 mi.</b><br>Run | <b>Rest</b><br>Rest | <b>6 mi.</b><br>Run | <b>Rest</b><br>Rest | <b>5 mi.</b><br>Run | <b>16 mi.</b><br>Run | <b>Rest</b><br>Rest |

**Week 21 - Sept. 30 to Oct. 6**

| MONDAY              | TUESDAY             | WEDNESDAY           | THURSDAY            | FRIDAY              | SATURDAY             | SUNDAY              |
|---------------------|---------------------|---------------------|---------------------|---------------------|----------------------|---------------------|
| <b>6 mi.</b><br>Run | <b>Rest</b><br>Rest | <b>7 mi.</b><br>Run | <b>Rest</b><br>Rest | <b>6 mi.</b><br>Run | <b>18 mi.</b><br>Run | <b>Rest</b><br>Rest |

**Week 22 - Oct. 7 to Oct. 13**

| MONDAY              | TUESDAY             | WEDNESDAY           | THURSDAY            | FRIDAY              | SATURDAY             | SUNDAY              |
|---------------------|---------------------|---------------------|---------------------|---------------------|----------------------|---------------------|
| <b>6 mi.</b><br>Run | <b>Rest</b><br>Rest | <b>8 mi.</b><br>Run | <b>Rest</b><br>Rest | <b>6 mi.</b><br>Run | <b>20 mi.</b><br>Run | <b>Rest</b><br>Rest |

**Week 23 - Oct. 14 to Oct. 20**

| MONDAY              | TUESDAY             | WEDNESDAY           | THURSDAY            | FRIDAY              | SATURDAY             | SUNDAY              |
|---------------------|---------------------|---------------------|---------------------|---------------------|----------------------|---------------------|
| <b>4 mi.</b><br>Run | <b>Rest</b><br>Rest | <b>5 mi.</b><br>Run | <b>Rest</b><br>Rest | <b>4 mi.</b><br>Run | <b>13 mi.</b><br>Run | <b>Rest</b><br>Rest |

**Week 24 - Oct. 21 to Oct. 27**

| MONDAY              | TUESDAY             | WEDNESDAY           | THURSDAY            | FRIDAY              | SATURDAY             | SUNDAY              |
|---------------------|---------------------|---------------------|---------------------|---------------------|----------------------|---------------------|
| <b>3 mi.</b><br>Run | <b>Rest</b><br>Rest | <b>4 mi.</b><br>Run | <b>Rest</b><br>Rest | <b>3 mi.</b><br>Run | <b>10 mi.</b><br>Run | <b>Rest</b><br>Rest |

**Week 25 - Oct. 28 to Nov. 3**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|---------|-----------|----------|--------|----------|--------|
|--------|---------|-----------|----------|--------|----------|--------|

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**4 mi.**

Run

**Rest**

Rest

**3 mi.**

Run

**Rest**

Rest

**3 mi.**

Run

**Rest**

Rest

**26.2 mi.**

Run

This is race week! Take it easy. Don't stop running entirely, but don't run more than 10 miles total and get plenty of rest before race day.

Marathon Day!  
Good Luck!