

Week 1 - N	ay 13	to May	/ 19
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 mi.	Rest	4 mi.	Rest	4 mi.	5 mi.	Rest
Run	Rest	Run	Rest	Run	Run	Rest

### Week 2 - May 20 to May 26

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

# Week 3 - May 27 to June 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 mi.	Rest	4 mi.	Rest	4 mi.	5 mi.	Rest
Run	Rest	Run	Rest	Run	Run	Rest

## Week 4 - June 3 to June 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 mi.	Rest	4 mi.	Rest	4 mi.	5 mi.	Rest
Run	Rest	Run	Rest	Run	Run	Rest

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 mi.	Rest	4 mi.	Rest	4 mi.	5 mi.	Rest
Run	Rest	Run	Rest	Run	Run	Rest

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 mi.	Rest	4 mi.	Rest	4 mi.	5 mi.	Rest
Run	Rest	Run	Rest	Run	Run	Rest

Week	<b>7</b> - June	24 to	lune	30
PPECK	I - Julic	27 10	Julic	JU

4 mi.

Run

Rest

Rest

4 mi.

Run

Rest

Rest

4 mi.

Run

8 mi.

Run

Rest

Rest

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>3 mi.</b> Run	<b>Rest</b> Rest	<b>4 mi.</b> Run	<b>Rest</b> Rest	<b>4 mi.</b> Run	<b>5 mi.</b> Run	<b>Rest</b> Rest
	ily 1 to July 7	WEDNESDAY	THIPODAY		0.171177.43	
MONDAY  3 mi.	Rest	WEDNESDAY 4 mi.	THURSDAY  Rest	FRIDAY 4 mi.	SATURDAY 5 mi.	Rest
Run	Rest	Run	Rest	Run	Run	Rest
Week 9 - Ju	ıly 8 to July 14					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>3 mi.</b> Run	<b>Rest</b> Rest	<b>4 mi.</b> Run	<b>Rest</b> Rest	<b>4 mi</b> . Run	<b>5 mi.</b> Run	Rest Rest
Week 10 - C	luly 15 to July 2 TUESDAY	1 WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	IOLODAI					
3 mi.			Rest	4 mi.	5 mi.	Rest
3 mi. Run	Rest Rest	<b>4 mi.</b> Run	<b>Rest</b> Rest	<b>4 mi.</b> Run	<b>5 mi.</b> Run	Rest Rest
Run	Rest	<b>4 mi.</b> Run				
Run	<b>Rest</b> Rest	<b>4 mi.</b> Run				
Run  Week 11 - C  MONDAY  4 mi.	Rest Rest  July 22 to July 26  TUESDAY  Rest	4 mi. Run  8 WEDNESDAY 4 mi.	Rest  THURSDAY  Rest	Run FRIDAY 4 mi.	Run  SATURDAY  6 mi.	Rest  SUNDAY  Rest
Run Week 11 - 3	Rest Rest  July 22 to July 26  TUESDAY	4 mi. Run	Rest	Run	Run	Rest
Week 11 - C MONDAY 4 mi. Run	Rest Rest  July 22 to July 26  TUESDAY  Rest	4 mi. Run  8  WEDNESDAY  4 mi. Run	Rest  THURSDAY  Rest	Run FRIDAY 4 mi.	Run  SATURDAY  6 mi.	Rest  SUNDAY  Rest

Week 13 - Aug. 5 to Aug	γ. 11
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Run

Rest

Run

Rest

Run

Run

Rest

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 mi.	Rest	3 mi.	Rest	3 mi.	6 mi.	Rest
Run	Rest	Run	Rest	Run	Run	Rest
Week 14 - <i>i</i>	Aug. 12 to Aug.	18				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4 mi.	Rest	5 mi.	Rest	4 mi.	9 mi.	Rest
Run	Rest	Run	Rest	Run	Run	Rest
Week 15 - A	Aug. 19 to Aug	25				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 mi.	Rest	5 mi.	Rest	4 mi.	10 mi.	Rest
Run	Rest	Run	Rest	Run	Run	Rest
Week 16 - A	Aug. 26 to Sept.	1 WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 mi.						
	Rest	6 mi.	Rest	4 mi.	12 mi.	Rest
	<b>Rest</b> Rest	<b>6 mi.</b> Run	Rest Rest	<b>4 mi.</b> Run	<b>12 mi.</b> Run	Rest Rest
Run						
Run		Run				
Run Week 17	Rest	Run				Rest
Week 17 MONDAY 5 mi.	Rest Sept. 2 to Sept.	Run 8	Rest  THURSDAY  Rest	Run	Run	Rest
Week 17 MONDAY 5 mi.	Rest Sept. 2 to Sept. TUESDAY	Run 8 WEDNESDAY	Rest	Run	Run	Rest
Week 17 MONDAY 5 mi.	Rest Sept. 2 to Sept. TUESDAY Rest	Run  8  WEDNESDAY  6 mi.	Rest  THURSDAY  Rest	Run  FRIDAY  5 mi.	Run  SATURDAY  13 mi.	Rest  SUNDAY  Rest
Week 17 - MONDAY 5 mi. Run	Rest Sept. 2 to Sept. TUESDAY Rest	8 WEDNESDAY 6 mi. Run	Rest  THURSDAY  Rest	Run  FRIDAY  5 mi.	Run  SATURDAY  13 mi.	Rest  SUNDAY  Rest
Week 17 - MONDAY 5 mi. Run  Week 18 - Meek 18	Rest Sept. 2 to Sept. TUESDAY Rest Rest	8 WEDNESDAY 6 mi. Run	Rest  THURSDAY  Rest	Run  FRIDAY  5 mi.	Run  SATURDAY  13 mi.	Rest  SUNDAY  Rest
Week 17 - MONDAY 5 mi. Run	Rest Sept. 2 to Sept. TUESDAY Rest Rest Rest Sept. 9 to Sept.	Run  8  WEDNESDAY  6 mi. Run	THURSDAY  Rest Rest	FRIDAY 5 mi. Run	SATURDAY  13 mi. Run	SUNDAY Rest Rest

Week	19 -	Sept.	16 to	Sept.	22
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Week 19 - S	Sept. 16 to Sept.					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 mi.	Rest	6 mi.	Rest	5 mi.	14 mi.	Rest
Run	Rest	Run	Rest	Run	Run	Rest
Mook 20	Sont 22 to Sont	20				
MONDAY	Sept. 23 to Sept. TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 mi.	Rest	6 mi.	Rest	5 mi.	16 mi.	Rest
Run	Rest	Run	Rest	Run	Run	Rest
<b>Week 21</b> - S	Sept. 30 to Oct.	6				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 mi.	Rest	7 mi.	Rest	6 mi.	18 mi.	Rest
Run	Rest	Run	Rest	Run	Run	Rest
Week 22 - 0	Oct. 7 to Oct. 13	}				
Week 22 - C	Oct. 7 to Oct. 13	} WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MONDAY 6 mi.	TUESDAY Rest	WEDNESDAY 8 mi.	Rest	6 mi.	20 mi.	Rest
	TUESDAY	WEDNESDAY				
MONDAY 6 mi. Run	TUESDAY Rest	<b>8 mi.</b> Run	Rest	6 mi.	20 mi.	Rest
MONDAY 6 mi. Run	Rest Rest	<b>8 mi.</b> Run	Rest	6 mi.	20 mi.	Rest
MONDAY 6 mi. Run Week 23 - 0	Rest Rest Oct. 14 to Oct. 2	WEDNESDAY  8 mi. Run	Rest Rest	6 mi. Run	<b>20 mi.</b> Run	Rest Rest
MONDAY 6 mi. Run  Week 23 - C  MONDAY 4 mi.	Rest Rest  Cct. 14 to Oct. 2  TUESDAY  Rest	WEDNESDAY  8 mi. Run  20 WEDNESDAY  5 mi.	Rest Rest THURSDAY Rest	6 mi. Run FRIDAY 4 mi.	20 mi. Run SATURDAY 13 mi.	Rest Rest SUNDAY Rest
MONDAY  6 mi. Run  Week 23 - C  MONDAY  4 mi. Run	Rest Rest  Cct. 14 to Oct. 2  TUESDAY  Rest	8 mi. Run  20 WEDNESDAY  5 mi. Run	Rest Rest THURSDAY Rest	6 mi. Run FRIDAY 4 mi.	20 mi. Run SATURDAY 13 mi.	Rest Rest SUNDAY Rest
MONDAY  6 mi. Run  Week 23 - C  MONDAY  4 mi. Run	Rest Rest  Cot. 14 to Oct. 2  TUESDAY  Rest Rest  Rest	8 mi. Run  20 WEDNESDAY  5 mi. Run	Rest Rest THURSDAY Rest	6 mi. Run FRIDAY 4 mi.	20 mi. Run SATURDAY 13 mi.	Rest Rest SUNDAY Rest
MONDAY 6 mi. Run  Week 23 - C  MONDAY 4 mi. Run  Week 24 - C  MONDAY 3 mi.	Rest Rest  Cot. 14 to Oct. 2  TUESDAY  Rest Rest  Cot. 21 to Oct. 2  TUESDAY  Rest  Rest	WEDNESDAY  8 mi. Run  20 WEDNESDAY  5 mi. Run  27 WEDNESDAY  4 mi.	Rest Rest THURSDAY Rest Rest THURSDAY Rest	6 mi. Run  FRIDAY 4 mi. Run  FRIDAY 3 mi.	20 mi. Run  SATURDAY  13 mi. Run  SATURDAY  10 mi.	Rest Rest SUNDAY Rest Rest SUNDAY Rest
MONDAY  6 mi. Run  Week 23 - C  MONDAY  4 mi. Run	Rest Rest  Doct. 14 to Oct. 2  TUESDAY  Rest Rest  Cot. 21 to Oct. 2  TUESDAY	WEDNESDAY  8 mi. Run  20 WEDNESDAY  5 mi. Run	Rest Rest THURSDAY Rest Rest	6 mi. Run  FRIDAY  4 mi. Run	20 mi. Run  SATURDAY  13 mi. Run	Rest Rest SUNDAY Rest Rest
MONDAY 6 mi. Run  Week 23 - C  MONDAY 4 mi. Run  Week 24 - C  MONDAY 3 mi. Run	Rest Rest  Cot. 14 to Oct. 2  TUESDAY  Rest Rest  Cot. 21 to Oct. 2  TUESDAY  Rest  Rest	8 mi. Run  WEDNESDAY  5 mi. Run  WEDNESDAY  4 mi. Run	Rest Rest THURSDAY Rest Rest THURSDAY Rest	6 mi. Run  FRIDAY 4 mi. Run  FRIDAY 3 mi.	20 mi. Run  SATURDAY  13 mi. Run  SATURDAY  10 mi.	Rest Rest SUNDAY Rest Rest SUNDAY Rest

4 mi. Rest 3 mi. Rest 3 mi. Rest 26.2 mi. Run Rest Run Rest Run Rest Run Marathon Day! Good Luck! 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.