

**MARATHON SCHEDULE**

<b>WEEK</b>	<b>WEEK START DATE</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>	<b>WEEK END DATE</b>
1		rest	3 mile run	3 mile run	3 mile run	rest	6 mile run	cross	
2		rest	3 mile run	3 mile run	3 mile run	rest	7 mile run	cross	
3		rest	3 mile run	4 mile run	3 mile run	rest	5 mile run	cross	
4		rest	3 mile run	4 mile run	3 mile run	rest	9 mile run	cross	
5		rest	3 mile run	5 mile run	3 mile run	rest	10 mile run	cross	
6		rest	3 mile run	5 mile run	3 mile run	rest	7 mile run	cross	
7		rest	3 mile run	6 mile run	3 mile run	rest	12 mile run	cross	
8		rest	3 mile run	6 mile run	3 mile run	rest	13 mile run	cross	
9		rest	3 mile run	7 mile run	4 mile run	rest	10 mile run	cross	
10		rest	3 mile run	7 mile run	4 mile run	rest	15 mile run	cross	
11		rest	4 mile run	8 mile run	4 mile run	rest	16 mile run	cross	
12		rest	4 mile run	8 mile run	5 mile run	rest	12 mile run	cross	
13		rest	4 mile run	9 mile run	5 mile run	rest	18 mile run	cross	
14		rest	5 mile run	9 mile run	5 mile run	rest	14 mile run	cross	
15		rest	5 mile run	10 mile run	5 mile run	rest	20 mile run	cross	
16		rest	5 mile run	8 mile run	4 mile run	rest	12 mile run	cross	
17		rest	4 mile run	6 mile run	3 mile run	rest	8 mile run	cross	
18		rest	3 mile run	4 mile run	2 mile run	rest	rest	race	