

TRM 2022 Marathon Training Schedule

<u>WK #</u>	<u>Sun</u>	<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thurs</u>	<u>Fri</u>	<u>Sat</u>		<u>Notes</u> FOR INFO ONLY
Wk 1	Oct. 3	20 min	20min	REST	30 min	REST	30 min	Oct. 9	POMR 10/3
Wk 2	Oct. 10	30 min	20 min	REST	30 min	REST	40 min	Oct. 16	Cheese&Wine 10/9
Wk 3	Oct. 17	30 min	30 min	REST	40 min	REST	3 miles	Oct. 23	
Wk 4	Oct. 24	30 min	45 min	cross train	40 min	REST	10K or 5K	Oct. 30	Halloween Run 10/30
Wk 5	Oct. 31	3 miles	4 miles	cross train	3 miles	REST	5 miles	Nov. 6	Classic 11/6
Wk 6	Nov. 7	3 miles	4 miles	cross train	4 miles	REST	6 miles	Nov.13	
Wk 7	Nov. 14	3 miles	5 miles	cross train	4 miles	REST	8 miles	Nov. 20	
Wk 8	Nov. 21	3 miles	4 miles	cross train	5 miles	REST	7 miles	Nov. 27	
Wk 9	Nov. 28	3 miles	5 miles	cross train	4 miles	REST	9 miles	Dec. 4	
Wk 10	Dec. 5	3 miles	5 miles	REST	3 miles	REST	11 miles	Dec. 11	
Wk 11	Dec. 12	3 miles	4 miles	cross train	5 miles	REST	6 Miles	Dec. 18	
Wk 12	Dec. 19	3 miles	6 miles	cross train	4 miles	REST	13 miles	Dec.25	Run on 24th
Wk 13	Dec.26	3 miles	4 miles	REST	5 miles	REST	6 miles	Jan. 1	Run on 31st
Wk 14	Jan. 2	5 miles	6 miles	cross train	4 miles	REST	15 miles	Jan. 8	
Wk 15	Jan. 9	3 miles	4 miles	cross train	4 miles	REST	8 miles	Jan. 15	
Wk 16	Jan. 16	3 miles	6 miles	REST	5 miles	REST	17 miles	Jan. 22	
Wk 17	Jan. 23	3 miles	4 miles	REST	4 miles	REST	6 miles	Jan. 29	
Wk 18	Jan. 30	5 miles	6 miles	cross train	4 miles	REST	13 miles	Feb. 5	KP half
Wk 19	Feb. 6	3 miles	5 miles	REST	6 miles	REST	8 miles	Feb.12	Movie Night
Wk 20	Feb. 13	5 miles	6 miles	cross train	4 miles	REST	19 miles	Feb. 19	
Wk 21	Feb. 20	3 miles	4 miles	REST	6 miles	REST	6 miles	Feb. 26	
Wk 22	Feb. 27	5 miles	6 miles	cross train	4 miles	REST	21-22 miles	Mar. 5	
Wk 23	Mar. 6	3 miles	4 miles	REST	6 miles	REST	6 miles	Mar. 12	
Wk 24	Mar. 13	6 miles	5 miles	REST	6 miles	REST	3 mi. walk	Mar. 19	Door Knob Day Sat. 19th
Wk 25	Mar. 20	4 miles	3 miles	REST	REST	2mi.easy	Expo	Mar. 26	Clean 9th st. 20th

March 27th Marathon Day!!! Downtown 13.1 / 26.2 Miles!!!!!!