

TRM 2023 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>
Wk 1	Sept. 25	20 min	20min	REST	30 min	REST	30 min	
Wk 2	Oct. 2	30 min	20 min	REST	30 min	REST	40 min	
Wk 3	Oct. 9	30 min	30 min	REST	40 min	REST	3 miles	
Wk 4	Oct. 16	30 min	45 min	cross train	40 min	REST	4 miles	Halloween Run 10/29
Wk 5	Oct. 23	3 miles	4 miles	cross train	3 miles	REST	6 miles	
Wk 6	Oct. 30	3 miles	4 miles	cross train	5 miles	REST	4 miles	
Wk 7	Nov. 6	3 miles	5 miles	cross train	4 miles	REST	8 miles	
Wk 8	Nov. 13	3 miles	4 miles	cross train	5 miles	REST	6 miles	
Wk 9	Nov. 20	3 miles	5 miles	cross train	4 miles	REST	10 miles	
Wk 10	Nov. 27	3 miles	5 miles	REST	3 miles	REST	8 miles	
Wk 11	Dec. 4	3 miles	6 miles	cross train	5 miles	REST	SOG (5K)	SOG 12/9
Wk 12	Dec. 11	3 miles	5 miles	cross train	4 miles	REST	12 miles	
Wk 13	Dec. 18	3 miles	4 miles	REST	5 miles	REST	6 miles	
Wk 14	Dec. 25	5 miles	5 miles	cross train	4 miles	REST	14 miles	
Wk 15	Jan. 1	3 miles	6 miles	cross train	5 miles	REST	8 miles	
Wk 16	Jan. 8	5 miles	7 miles	REST	4 miles	REST	16 miles	
Wk 17	Jan. 15	3 miles	4 miles	REST	5 miles	REST	8 miles	
Wk 18	Jan. 22	5 miles	7 miles	cross train	4 miles	REST	6 miles	
Wk 19	Jan. 29	5 miles	4 miles	REST	4 miles	REST	18 miles	
Wk 20	Feb. 5	3 miles	5 miles	cross train	6 miles	REST	8 miles	
Wk 21	Feb. 12	5 miles	6 miles	REST	4 miles	REST	20 miles	
Wk 22	Feb. 19	3 miles	4 miles	cross train	6 miles	REST	6 miles	
Wk 23	Feb.26	5 miles	7 miles	REST	4 miles	REST	22 miles	
Wk 24	Mar. 5	3 miles	4 miles	REST	6 miles	REST	10K w/cop	?
Wk 25	Mar. 12	7 miles	5 miles	cross train	7 miles	REST	walk	Door Knob Day Sat.
Wk 26	Mar. 19	4 miles	3 miles	REST	REST	2 m jog	EXPO	Marathon

March 29th Marathon Day!!! Downtown 13.1 / 26.2 Miles!!!!!!