TRM 2024 Marathon Training Schedule

WK #	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Notes
Wk 1	Sep. 24	20 min	20min	REST	30 min	REST	30 min	
Wk 2	Oct. 1	30 min	20 min	REST	30 min	REST	40 min	
Wk 3	Oct. 8	30 min	30 min	REST	40 min	REST	3 miles	
Wk 4	Oct. 15	30 min	45 min	cross train	40 min	REST	4 miles	
Wk 5	Oct. 22	3 miles	4 miles	cross train	3 miles	REST	6 miles	Halloween Run 10/28
Wk 6	Oct. 29	3 miles	4 miles	cross train	5 miles	REST	4 miles	
Wk 7	Nov. 5	3 miles	5 miles	cross train	4 miles	REST	8 miles	
Wk 8	Nov. 12	3 miles	4 miles	cross train	5 miles	REST	6 miles	
Wk 9	Nov. 19	3 miles	5 miles	cross train	4 miles	REST	10 miles	
Wk 10	Nov. 26	3 miles	5 miles	REST	3 miles	REST	8 miles	
Wk 11	Dec. 3	3 miles	6 miles	cross train	5 miles	REST	SOG (5K)	SOG 12/9
Wk 12	Dec. 10	3 miles	5 miles	cross train	4 miles	REST	12 miles	
Wk 13	Dec. 17	3 miles	4 miles	REST	5 miles	REST	6 miles	
Wk 14	Dec. 24	5 miles	5 miles	cross train	4 miles	REST	14 miles	
Wk 15	Dec. 31	3 miles	6 miles	cross train	5 miles	REST	8 miles	
Wk 16	Jan. 7	5 miles	7 miles	REST	4 miles	REST	16 miles	
Wk 17	Jan. 14	3 miles	4 miles	REST	5 miles	REST	8 miles	
Wk 18	Jan. 21	5 miles	7 miles	cross train	4 miles	REST	6 miles	
Wk 19	Jan. 28	5 miles	4 miles	REST	4 miles	REST	18 miles	or Kaiser Feb 4th
Wk 20	Feb. 4	3 miles	5 miles	cross train	6 miles	REST	8 miles	
Wk 21	Feb. 11	5 miles	6 miles	REST	4 miles	REST	20 miles	
Wk 22	Feb. 18	3 miles	4 miles	cross train	6 miles	REST	6 miles	
Wk 23	Feb. 25	5 miles	7 miles	REST	4 miles	REST	22 miles	
Wk 24	Mar. 3	3 miles	4 miles	REST	6 miles	REST	10K w/cop	March 9th 10k
Wk 25	Mar. 10	7 miles	5 miles	cross train	7 miles	REST	walk	Door Knob Day Sat.
Wk 26	Mar. 17	4 miles	3 miles	REST	REST	2 m jog	EXPO	Marathon
Race	Mar. 24							

March 24th Marathon Day!!! Downtown 13.1 / 26.2 Miles!!!!!!