

2018

MARATHON TRAINING SCHEDULE



JANUARY

| S | M | T | W | T | F | S |
|-------------|------------|-------------|-------------|----|-------------|----|
| 31 | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 Run 3 | 9 | 10 Run 4 | 11 | 12 Run 3 | 13 |
| 14 Run 5 | 15 | 16 Run 3 | 17 Run 4 | 18 | 19 Run 3 | 20 |
| 21 Run 6 | 22 | 23 Run 3 | 24 Run 4 | 25 | 26 Run 3 | 27 |
| 28 Run 7 | 29 | 30 Run 3 | 31 Run 5 | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |

2018

MARATHON TRAINING SCHEDULE



FEBRUARY

| S | M | T | W | T | F | S |
|--------------|----|-------------|-------------|----|-------------|----|
| 28 | 29 | 30 | 31 | 1 | 2 Run 3 | 3 |
| 4 Run 8 | 5 | 6 Run 3 | 7 Run 5 | 8 | 9 Run 3 | 10 |
| 11 Run 10 | 12 | 13 Run 4 | 14 Run 5 | 15 | 16 Run 4 | 17 |
| 18 Run 11 | 19 | 20 Run 4 | 21 Run 6 | 22 | 23 Run 4 | 24 |
| 25 Run 12 | 26 | 27 Run 4 | 28 Run 6 | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |

2018 MARCH

MARATHON TRAINING SCHEDULE



| S | M | T | W | T | F | S |
|--------------|----|-------------|-------------|----|-------------|----|
| 25 | 26 | 27 | 28 | 1 | 2 Run 4 | 3 |
| 4 Run 14 | 5 | 6 Run 4 | 7 Run 7 | 8 | 9 Run 4 | 10 |
| 11 Run 16 | 12 | 13 Run 5 | 14 Run 8 | 15 | 16 Run 5 | 17 |
| 18 Run 16 | 19 | 20 Run 5 | 21 Run 8 | 22 | 23 Run 5 | 24 |
| 25 Run 16 | 26 | 27 Run 5 | 28 Run 8 | 29 | 30 Run 5 | 31 |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |

2018 APRIL

MARATHON TRAINING SCHEDULE



| S | M | T | W | T | F | S |
|-----------------|----|-------------|-------------|----|--------------|----|
| 1 Run 18 | 2 | 3 Run 5 | 4 Run 8 | 5 | 6 Run 5 | 7 |
| 8 Run 18 | 9 | 10 Run 5 | 11 Run 8 | 12 | 13 Run 5 | 14 |
| 15 Run 9 | 16 | 17 Run 3 | 18 Run 5 | 19 | 20 Run 3 | 21 |
| 22 Run 8 | 23 | 24 Run 3 | 25 Run 3 | 26 | 27 Walk 3 | 28 |
| 29 Race 26.2 | 30 | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |