

2019

MARATHON TRAINING SCHEDULE



JANUARY

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



2019

MARATHON TRAINING SCHEDULE

FEBRUARY



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



2019

MARCH

MARATHON TRAINING SCHEDULE



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

2019 APRIL

MARATHON TRAINING SCHEDULE



S	M	T	W	T	F	S
31	1	2 Run 5	3 Run 8	4	5 Run 5	6
7 Run 18	8	9 Run 5	10 Run 8	11	12 Run 5	13
14 Run 9	15	16 Run 3	17 Run 5	18	19 Run 3	20
21 Run 8	22	23 Run 3	24 Run 3	25	26 Walk 3	27
28 Race 26.2	29	30	1	2	3	4

