

2020

# MARATHON TRAINING SCHEDULE



## APRIL

Su	Mo	Tu	We	Th	Fr	Sa
29 Run 8	30 6	31 7 Run 5	1 Run 8	2 9	3 Run 5	4 11
5 Run 18	6 13	7 Run 3	8 Run 5	9 16	10 Run 3	11 18
12 Run 9	13 20	14 Run 3	15 Run 3	16 23	17 Walk 3	18 25
19 Run 8	20 27	21 Run 3	22 29	23 30	24 1	25 2
26 Race 26.2						

