

2020

MARATHON TRAINING SCHEDULE



FEBRUARY

Su	Mo	Tu	We	Th	Fr	Sa
26	27	28	29	30	31	1
2 Run 8	3	4 Run 3	5 Run 5	6	7 Run 3	8
9 Run 10	10	11 Run 4	12 Run 5	13	14 Run 4	15
16 Run 11	17	18 Run 4	19 Run 6	20	21 Run 4	22
23 Run 12	24	25 Run 4	26 Run 6	27	28 Run 4	29

