

2020

MARATHON TRAINING SCHEDULE

JANUARY



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

