

2020 MARCH

MARATHON TRAINING SCHEDULE



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

