



A RUNNING EXPERIENCE CLUB



2018 1/2 Marathon Training Schedule

| Week # | Sat. - AREC | Sun. | Mon. | Tues. | Wed. - AREC | Thurs. | Fri. | Total |
|--------|--------------|--------------------|------|-------|-------------|--------|------|-------|
| 1 | Nov. 03: 3.5 | 0 | 3 | XT | 3 | 2 | 0 | 12 |
| 2 | Nov. 10: 4 | 0 | 3 | XT | 4 | 2 | 0 | 13 |
| 3 | Nov. 17: 5K | 0 | 3 | XT | 4 | 3 | 0 | 13 |
| 4 | Nov. 24: 5 | 0 | 3 | XT | 4 | 3 | 0 | 15 |
| 5 | Dec. 01: 6 | 0 | 4 | XT | 4 | 3 | 0 | 17 |
| 6 | Dec. 08: 7 | 0 | 4 | XT | 4 | 3 | 0 | 18 |
| 7 | Dec. 15: 6 | 0 | 4 | XT | 5 | 3 | 0 | 18 |
| 8 | Dec. 22: 8 | 0 | 4 | XT | 5 | 3 | 0 | 20 |
| 9 | Dec. 29: 6 | 0 | 5 | XT | 5 | 3 | 0 | 19 |
| 10 | Jan. 05: 7 | 0 | 5 | XT | 5 | 3 | 0 | 20 |
| 11 | Jan. 12: 8 | 0 | 5 | XT | 5 | 4 | 0 | 22 |
| 12 | Jan. 19: 9 | 0 | 5 | XT | 5 | 4 | 0 | 23 |
| 13 | Jan. 26: 8 | 0 | 5 | XT | 5 | 4 | 0 | 22 |
| 14 | Feb. 02: 10 | 0 | 6 | XT | 6 | 4 | 0 | 26 |
| 15 | Feb. 09: 8 | 0 | 6 | XT | 6 | 4 | 0 | 22 |
| 16 | Feb. 16: 10 | 0 | 6 | XT | 6 | 3 | 0 | 25 |
| 17 | Feb. 23: 12 | 0 | 7 | XT | 6 | 3 | 0 | 28 |
| 18 | Mar. 02: 10 | 0 | 7 | XT | 6 | 3 | 0 | 26 |
| 19 | Mar. 09: 12 | 0 | 5 | XT | 6 | 3 | 0 | 26 |
| 20 | Mar. 16: 6 | 0 | 3 | XT | 3 | 2 | 2 | 16 |
| 21 | Mar. 24: 0 | ½ Marathon! | | | | | | |

Note: Daily numbers are listed in miles. Total = total weekly mileage. All run distances include a 1 mi warm up and 1 mi cool down at jog pace.

Daily runs should be performed at 75-80% effort (not too hard, not too easy – able to carry on a conversation)

XT = Cross-training - swimming, biking, etc. (i.e. - elevated heart rate, low/non-impact)