

A RUNNING EXPERIENCE CLUB

2024 1/2 Marathon Training Schedule

Week #	Sat. - AREC	Sun.	Mon.	Tues.	Wed. - AREC	Thurs.	Fri.	Total
1	May 11: 3.5	0	3	XT	3	2	0	12
2	May 18: 4	0	3	XT	4	2	0	13
3	May 25: 5	0	3	XT	4	3	0	13
4	June 01: 5K	0	3	XT	4	3	0	15
5	June 08: 6	0	4	XT	4	3	0	17
6	June 15: 7	0	4	XT	4	3	0	18
7	June 22: 6	0	4	XT	5	3	0	18
8	June 29: 8	0	4	XT	5	3	0	20
9	July 06: 6	0	5	XT	5	3	0	19
10	July 13: 9	0	5	XT	5	3	0	23
11	July 20: 7	0	5	XT	5	4	0	21
12	July 27: 10	0	5	XT	5	4	0	24
13	Aug 03: 8	0	5	XT	5	4	0	22
14	Aug 10: 10k	0	6	XT	6	4	0	28
15	Aug 17: 12	0	6	XT	6	4	0	24
16	Aug 24: 10	0	6	XT	6	3	0	27
17	Aug 31: 13	0	7	XT	6	3	0	30
18	Sept 07: 12	0	7	XT	6	3	0	28
19	Sept 14: 10	0	5	XT	6	3	0	28
20	Sept 21: 12	0	3	XT	3	2	2	18
21	Sept 28: 5	0	3	XT	3	2	2	15
	Oct 06: 13.1	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)