

Medalist Marathon Schedule

Program Directors	Optional Races		Diane Burns and Ed Burns e.burns@comcast.net					929 8751	
	Name	Distance	Sat	Sun	Mon	Tues	Wed	Thu	Fri
Week 1			3-Apr	4-Apr	5-Apr	6-Apr	7-Apr	8-Apr	9-Apr
			3 miles	walk/xt 40 min	15 min run	walk/xt	15 min run	easy walk	Off
Week 2			10-Apr	11-Apr	12-Apr	13-Apr	14-Apr	15-Apr	16-Apr
			3 miles (4 hills) *	walk/xt 40 min	15min run	walk/xt	15min run	easy walk	Off
Week 3			17-Apr	18-Apr	19-Apr	20-Apr	21-Apr	22-Apr	23-Apr
			4 miles (6 hills)	walk/xt 40 min	20 min run	walk/xt	20 min run	easy walk	Off
Week 4			24-Apr	25-Apr	26-Apr	27-Apr	28-Apr	29-Apr	30-Apr
			5 miles with MM	walk/xt 40 min	20 min run	walk/xt	20 min run	easy walk	Off
Week 5			1-May	2-May	3-May	4-May	5-May	6-May	7-May
			6 miles (7 hills)	walk/xt 40 min	20 min run	walk/xt	20 min run	easy walk	Off
Week 6	Location		8-May	9-May	10-May	11-May	12-May	13-May	14-May
			3 miles (4 hills) *	walk/xt 40 min	25 min run	walk/xt	25 min run	easy walk	Off
Week 7			15-May	16-May	17-May	18-May	19-May	20-May	21-May
			6 miles w/ MM	walk/xt 40 min	20 min run	walk/xt	20 min run	easy walk	Off
Week 8			22-May	23-May	24-May	25-May	26-May	27-May	28-May
			7 miles	walk/xt 40 min	30 min run	walk/xt	30 min run	easy walk	Off
Week 9			29-May	30-May	31-May	1-Jun	2-Jun	3-Jun	4-Jun
			8 miles	walk/xt 40 min	25 min run	walk/xt	25 min run	easy walk	Off
Week 10			5-Jun	6-Jun	7-Jun	8-Jun	9-Jun	10-Jun	11-Jun
			9 miles	walk/xt 40 min	30 min run	walk/xt	30 min run	easy walk	Off
Week 11			12-Jun	13-Jun	14-Jun	15-Jun	16-Jun	17-Jun	18-Jun
			10 miles	walk/xt 40 min	25 min run	walk/xt	25 min run	easy walk	Off
Week 12			19-Jun	20-Jun	21-Jun	22-Jun	23-Jun	24-Jun	25-Jun
			5 miles with MM	walk/xt 40 min	30 min run	walk/xt	30 min run	easy walk	Off
Week 13			26-Jun	27-Jun	28-Jun	29-Jun	30-Jun	1-Jul	2-Jul
			11 miles	walk/xt 40 min	30 min run	walk/xt	30 min run	easy walk	Off
Week 14			3-Jul	4-Jul	5-Jul	6-Jul	7-Jul	8-Jul	9-Jul
			12 miles	walk/xt 40 min	30 min run	walk/xt 40 min	30 min run	easy walk	Off
Week 15			10-Jul	11-Jul	12-Jul	13-Jul	14-Jul	15-Jul	16-Jul
			14 miles	walk/xt 40 min	30 min run	walk/xt 40 min	30 min run	easy walk	Off
Week 16			17-Jul	18-Jul	19-Jul	20-Jul	21-Jul	22-Jul	23-Jul
			5 miles with MM	walk/xt 40 min	30 min run	walk/xt 40 min	30 min run	easy walk	Off
Week 17			24-Jul	25-Jul	26-Jul	27-Jul	28-Jul	29-Jul	30-Jul
			17 miles	walk/xt 40 min	30 min run	walk/xt 40 min	30 min run	easy walk	Off
Week 18			31-Jul	1-Aug	2-Aug	3-Aug	4-Aug	5-Aug	6-Aug
			6 miles	walk/xt 40 min	30 min run	walk/xt 40 min	30 min run	easy walk	Off
Week 19			7-Aug	8-Aug	9-Aug	10-Aug	11-Aug	12-Aug	13-Aug
			20 miles	walk/xt 40 min	30 min run	walk/xt 40 min	30 min run	easy walk	Off
Week 20	33 RDP	5K	14-Aug	15-Aug	16-Aug	17-Aug	18-Aug	19-Aug	20-Aug
	Lowell	15-Aug	7 miles with MM	walk/xt 40 min	30 min run	walk/xt 40 min	30 min run	easy walk	Off
Week 21			21-Aug	22-Aug	23-Aug	24-Aug	25-Aug	26-Aug	27-Aug
			6 miles	walk/xt 40 min	30 min run	walk/xt 40 min	30 min run	easy walk	Off
Week 22			28-Aug	29-Aug	30-Aug	31-Aug	1-Sep	2-Sep	3-Sep
			23 miles	walk/xt 40 min	30 min run	walk/xt 40 min	30 min run	easy walk	Off
Week 23			4-Sep	5-Sep	6-Sep	7-Sep	8-Sep	9-Sep	10-Sep
			7 miles with MM	walk/xt 40 min	30 min run	walk/xt 40 min	30 min run	easy walk	Off
Week 24	Lake City	Marathon	11-Sep	12-Sep	13-Sep	14-Sep	15-Sep	16-Sep	17-Sep
	Winona Lake	12-Sep	off	walk/xt 40 min	30 min run	walk/xt 40 min	30 min run	easy walk	Off
Week 25	Air Force	Marathon	18-Sep	19-Sep	20-Sep	21-Sep	22-Sep	23-Sep	24-Sep
	Dayton, OH	19-Sep	26 miles	walk/xt 40 min	30 min run	walk/xt 40 min	30 min run	easy walk	Off
Week 26	Fox Cities	Marathon	25-Sep	26-Sep	27-Sep	28-Sep	29-Sep	30-Sep	1-Oct
	Appleton, WI	20-Sep	7 miles	walk/xt 40 min	30 min run	walk/xt 40 min	30 min run	easy walk	Off
Week 27	Calumet Memorial	Half	2-Oct	3-Oct	4-Oct	5-Oct	6-Oct	7-Oct	8-Oct
	Calumet City	26-Sep	6 miles	walk/xt 40 min	30 min run	walk/xt 40 min	30 min run	easy walk	Off
Week 28	Road Runner	Marathon	9-Oct	10-Oct	11-Oct	12-Oct	13-Oct	14-Oct	15-Oct
	Akron, OH	26-Sep	OFF	Chicago Marathon	30 min run	Off	30 min run	easy walk	Off
Week 29	Detroit	Marathon	16-Oct	17-Oct	18-Oct	19-Oct	20-Oct	21-Oct	22-Oct
	Detroit, MI	25-Nov	4 miles	Off	30 min run	Off	30 min run	easy walk	Off
Week 30			23-Oct	24-Oct	25-Oct	26-Oct	27-Oct	28-Oct	29-Oct
			Celebration run and breakfast	Off	30 min run	Off	30 min run	easy walk	Off
Week 31			30-Oct	31-Oct	1-Nov	2-Nov	3-Nov	4-Nov	5-Nov
			6 miles	Off	30 min run	Off	30 min run	easy walk	Off

This schedule is designed for beginning runners or runners who are training "to finish" a marathon
Runners who have set a time goal for themselves should train using the "Time Goal Schedule"