

Medalist Marathon Schedule

Program Director	Ed Burns e.burns@comcast.net					929 8751	
	Sat	Sun	Mon	Tues	Wed	Thu	Fri
Week 1	5-Apr	6-Apr	7-Apr	8-Apr	9-Apr	10-Apr	11-Apr
	30-45 min run	Off	15 min run	Off	15 min run	easy walk	Off
Week 2	12-Apr	13-Apr	14-Apr	15-Apr	16-Apr	17-Apr	18-Apr
	3 miles	Off	15min run	Off	15min run	easy walk	Off
Week 3	19-Apr	20-Apr	21-Apr	22-Apr	23-Apr	24-Apr	25-Apr
	4.5 miles	Off	20 min run	Off	20 min run	easy walk	Off
Week 4	26-Apr	27-Apr	28-Apr	29-Apr	30-Apr	1-May	2-May
	6 miles	Off	20 min run	Off	20 min run	easy walk	Off
Week 5	3-May	4-May	5-May	6-May	7-May	8-May	9-May
	7.5 miles	Off	20 min run	Off	20 min run	easy walk	Off
Week 6	10-May	11-May	12-May	13-May	14-May	15-May	16-May
	3 miles with MM	Off	25 min run	Off	25 min run	easy walk	Off
Week 7	17-May	18-May	19-May	20-May	21-May	22-May	23-May
	9.5 miles	Off	20 min run	Off	20 min run	easy walk	Off
Week 8	24-May	25-May	26-May	27-May	28-May	29-May	30-May
	4 miles with MM	Off	30 min run	Off	30 min run	easy walk	Off
Week 9	31-May	1-Jun	2-Jun	3-Jun	4-Jun	5-Jun	6-Jun
	11.5 miles	Off	25 min run	Off	25 min run	easy walk	Off
Week 10	7-Jun	8-Jun	9-Jun	10-Jun	11-Jun	12-Jun	13-Jun
	4 miles	Off	30 min run	Off	30 min run	easy walk	Off
Week 11	14-Jun	15-Jun	16-Jun	17-Jun	18-Jun	19-Jun	20-Jun
	14 miles	Off	25 min run	Off	25 min run	easy walk	Off
Week 12	21-Jun	22-Jun	23-Jun	24-Jun	25-Jun	26-Jun	27-Jun
	4 miles	Off	30 min run	Off	30 min run	easy walk	Off
Week 13	28-Jun	29-Jun	30-Jun	1-Jul	2-Jul	3-Jul	4-Jul
	5 miles with MM	Off	30 min run	Off	30 min run	easy walk	Off
Week 14	5-Jul	6-Jul	7-Jul	8-Jul	9-Jul	10-Jul	11-Jul
	17 miles	Off	30 min run	Off	30 min run	easy walk	Off
Week 15	12-Jul	13-Jul	14-Jul	15-Jul	16-Jul	17-Jul	18-Jul
	5 miles	Off	30 min run	Off	30 min run	easy walk	Off
Week 16	19-Jul	20-Jul	21-Jul	22-Jul	23-Jul	24-Jul	25-Jul
	6 miles	Off	30 min run	Off	30 min run	easy walk	Off
Week 17	26-Jul	27-Jul	28-Jul	29-Jul	30-Jul	31-Jul	1-Aug
	20 miles	Off	30 min run	Off	30 min run	easy walk	Off
Week 18	2-Aug	3-Aug	4-Aug	5-Aug	6-Aug	7-Aug	8-Aug
	6 miles	Off	30 min run	Off	30 min run	easy walk	Off
Week 19	9-Aug	10-Aug	11-Aug	12-Aug	13-Aug	14-Aug	15-Aug
	6 mi with MM	Off	30 min run	Off	30 min run	easy walk	Off
Week 20	16-Aug	17-Aug	18-Aug	19-Aug	20-Aug	21-Aug	22-Aug
	23 miles	Off	30 min run	Off	30 min run	easy walk	Off
Week 21	23-Aug	24-Aug	25-Aug	26-Aug	27-Aug	28-Aug	29-Aug
	6 miles	Off	30 min run	Off	30 min run	easy walk	Off
Week 22	30-Aug	31-Aug	1-Sep	2-Sep	3-Sep	4-Sep	5-Sep
	7 miles with MM	Off	30 min run	Off	30 min run	easy walk	Off
Week 23	6-Sep	7-Sep	8-Sep	9-Sep	10-Sep	11-Sep	12-Sep
	7 miles	Off	30 min run	Off	30 min run	easy walk	Off
Week 24	13-Sep	14-Sep	15-Sep	16-Sep	17-Sep	18-Sep	19-Sep
	26 miles	Off	30 min run	Off	30 min run	easy walk	Off
Week 25	20-Sep	21-Sep	22-Sep	23-Sep	24-Sep	25-Sep	26-Sep
	6 miles	Off	30 min run	Off	30 min run	easy walk	Off
Week 26	27-Sep	28-Sep	29-Sep	30-Sep	1-Oct	2-Oct	3-Oct
	7 miles with MM	Off	30 min run	Off	30 min run	easy walk	Off
Week 27	4-Oct	5-Oct	6-Oct	7-Oct	8-Oct	9-Oct	10-Oct
	7 miles	Off	30 min run	Off	30 min run	easy walk	Off
Week 28	11-Oct	12-Oct	13-Oct	14-Oct	15-Oct	16-Oct	17-Oct
	OFF	Race	30 min run	Off	30 min run	easy walk	Off
Week 29	18-Oct	19-Oct	20-Oct	21-Oct	22-Oct	23-Oct	24-Oct
	4 miles	Off	30 min run	Off	30 min run	easy walk	Off
Week 30	25-Oct	26-Oct	27-Oct	28-Oct	29-Oct	30-Oct	31-Oct
	6 miles	Off	30 min run	Off	30 min run	easy walk	Off
Week 31	1-Nov	2-Nov	3-Nov	4-Nov	5-Nov	6-Nov	7-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"