



# 2018 MARATHON SPRING TRAINING PROGRAM

Week	Date	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*
1	11/26-12/2	CROSS	REST	3	4	3	REST	7 Kickoff Run
2	12/3-12/9	CROSS	REST	3	4	4	REST	8
3	12/10-12/16	CROSS	REST	3	3	3	REST	6
4	12/17-12/23	CROSS	REST	4	4	3	REST	9 Donut 5k
5	12/24-12/30	CROSS	REST	4	5	4	REST	10
6	12/31-1/6	CROSS	REST	4	4	4	REST	7
7	1/7-1/13	CROSS	REST	4	6	4	REST	12
8	1/14-1/20	CROSS	REST	4	6	5	REST	13
9	1/21-1/27	CROSS	REST	4	5	3	REST Winter Party	10
10	1/28-2/3	CROSS	REST	5	7	4	REST	15
11	2/4-2/10	CROSS	REST	5	8	4	REST	16
12	2/11-2/17	CROSS	REST	5	6	4	REST	12
13	2/18-2/24	CROSS	REST	5	9	5	REST	18
14	2/25-3/3	CROSS	REST	5	7	3	REST	14
15	3/4-3/10	CROSS	REST	5	10	4	REST	20 Carmel Marathon Preview!
16	3/11-3/17	CROSS	REST	4	6	4	REST	12
17	3/18-3/24	CROSS	REST	4	4	4	REST	8 Sam Costa
18	3/25-3/31	CROSS	REST	3	3	REST	REST	Carmel Marathon

\*Official Saturday morning CRC training runs start at the Monon Community Center