



2019 MARATHON SPRING TRAINING PROGRAM

Week	Date	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*
1	11/25-12/1	CROSS	REST	3	4	3	REST	7 Kickoff Run
2	12/2-12/8	CROSS	REST	3	4	4	REST	8
3	12/9-12/15	CROSS	REST	3	3	3	REST	6
4	12/16-12/22	CROSS	REST	4	4	3	REST	9 Donut 5k
5	12/23-12/29	CROSS	REST	4	5	4	REST	10
6	12/30-1/5	CROSS	REST	4	4	4	REST	7
7	1/6-1/12	CROSS	REST	4	6	4	REST	12
8	1/13-1/19	CROSS	REST	4	6	5	REST	13
9	1/20-1/26	CROSS	REST	4	5	3	REST	10 Winter Party
10	1/27-2/2	CROSS	REST	5	7	4	REST	15
11	2/3-2/9	CROSS	REST	5	8	4	REST	16
12	2/10-2/16	CROSS	REST	5	6	4	REST	12
13	2/17-2/23	CROSS	REST	5	9	5	REST	18
14	2/24-3/2	CROSS	REST	5	7	3	REST	14
15	3/3-3/9	CROSS	REST	5	10	4	REST	20 Carmel Marathon Preview!
16	3/10-3/16	CROSS	REST	4	6	4	REST	12
17	3/17-3/23	CROSS	REST	4	4	4	REST	8 Sam Costa
18	3/24-3/30	CROSS	REST	3	3	REST	REST	Carmel Marathon

*Official Saturday morning CRC training runs start at the Carmel City Center near United Fidelity Bank