



2019 FULL MARATHON FALL TRAINING PROGRAM

Week	Date	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*
1	7/7 - 7/13	CROSS	REST	3	4	3	REST	7 Kickoff Run
2	7/14 - 7/20	CROSS	REST	3	4	4	REST	8
3	7/21 - 7/27	CROSS	REST	3	3	3	REST	6
4	7/28 - 8/3	CROSS	REST	4	4	3	REST	9
5	8/4 - 8/10	CROSS	REST	4	5	4	REST	10
6	8/11 - 8/17	CROSS	REST	4	4	4	REST	7
7	8/18 - 8/24	CROSS	REST	4	6	4	REST	12
8	8/25 - 8/31	CROSS	REST	4	6	5	REST	13
9	9/1 - 9/7	CROSS	REST	4	5	3	REST	10
10	9/8 - 9/14	CROSS	REST	5	7	4	REST	15
11	9/15 - 9/21	CROSS	REST	5	8	4	REST	16
12	9/22 - 9/28	CROSS	REST	5	6	4	REST	12
13	9/29 - 10/5	CROSS	REST	5	9	5	REST	18
14	10/6 - 10/12	CROSS	REST	5	7	3	REST	14
15	10/13 - 10/19	CROSS	REST	5	10	4	REST	20
16	10/20 - 10/26	CROSS	REST	4	6	4	REST	12
17	10/27 - 11/2	CROSS	REST	4	4	4	REST	8
18	11/3 - 11/9	CROSS	REST	3	3	REST	REST	Monumental Full Marathon

* Check the Run Calendar for locations and times of official Wed and Sat club runs

<http://www.carmelrunners.net/carmel-runners-club-calendar/>

WWW.CARMELRUNNERS.COM