



2020 FULL MARATHON SPRING TRAINING PROGRAM

Week	Date	Sunday	Monday	Tuesday	Wednesday*	Thursday	Friday	Saturday*
1	12/1 - 12/7	CROSS	REST	3	4	3	REST	7 Kickoff Run
2	12/8 - 12/14	CROSS	REST	3	4	4	REST	8
3	12/15 - 12/21	CROSS	REST	3	3	3	REST	6
4	12/22 - 12/28	CROSS	REST	4	4	3	REST	9
5	12/29 - 1/4	CROSS	REST	4	5	4	REST	10
6	1/5 - 1/11	CROSS	REST	4	4	4	REST	7
7	1/12 - 1/18	CROSS	REST	4	6	4	REST	12
8	1/19 - 1/25	CROSS	REST	4	6	5	REST	13
9	1/26 - 2/1	CROSS	REST	4	5	3	REST	10
10	2/2 - 2/8	CROSS	REST	5	7	4	REST	15
11	2/9 - 2/15	CROSS	REST	5	8	4	REST	16
12	2/16 - 2/22	CROSS	REST	5	6	4	REST	12
13	2/23 - 2/29	CROSS	REST	5	9	5	REST	18
14	3/1 - 3/7	CROSS	REST	5	7	3	REST	14
15	3/8 - 3/14	CROSS	REST	5	10	4	REST	20
16	3/15 - 3/21	CROSS	REST	4	6	4	REST	12
17	3/22 - 3/28	CROSS	REST	4	4	4	REST	8
18	3/29 - 4/4	CROSS	REST	3	3	REST	REST	Carmel 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