



# 2020 FULL MARATHON FALL TRAINING PROGRAM

Week	Date	Sunday	Monday	Tuesday	Wednesday*	Thursday	Friday	Saturday*
1	7/5 - 7/11	CROSS	REST	3	4	3	REST	7 Kickoff Run
2	7/12 - 7/18	CROSS	REST	3	4	4	REST	8
3	7/19 - 7/25	CROSS	REST	3	3	3	REST	6
4	7/26 - 8/1	CROSS	REST	4	4	3	REST	9
5	8/2 - 8/8	CROSS	REST	4	5	4	REST	10
6	8/9 - 8/15	CROSS	REST	4	4	4	REST	7
7	8/16 - 8/22	CROSS	REST	4	6	4	REST	12
8	8/23 - 8/29	CROSS	REST	4	6	5	REST	13
9	8/30 - 9/5	CROSS	REST	4	5	3	REST	10
10	9/6 - 9/12	CROSS	REST	5	7	4	REST	15
11	9/13 - 9/19	CROSS	REST	5	8	4	REST	16
12	9/20 - 9/26	CROSS	REST	5	6	4	REST	12
13	9/27 - 10/3	CROSS	REST	5	9	5	REST	18
14	10/4 - 10/10	CROSS	REST	5	7	5	REST	14
15	10/11 - 10/17	CROSS	REST	5	10	4	REST	20
16	10/18 - 10/24	CROSS	REST	4	6	4	REST	12
17	10/25 - 10/31	CROSS	REST	4	4	4	REST	8
18	11/1 - 11/7	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**