



2021 FULL MARATHON SPRING TRAINING PROGRAM

Week	Date	Sunday	Monday	Tuesday	Wednesday*	Thursday	Friday	Saturday*
1	11/29 - 12/5	Cross-Train	REST	3	4	3	REST	7 Kickoff Run
2	12/6 - 12/12	Cross-Train	REST	3	4	4	REST	8
3	12/13 - 12/19	Cross-Train	REST	3	3	3	REST	6
4	12/20 - 12/26	Cross-Train	REST	4	4	3	REST	9
5	12/27 - 1/2	Cross-Train	REST	4	5	4	REST	10
6	1/3 - 1/9	Cross-Train	REST	4	4	4	REST	7
7	1/10 - 1/16	Cross-Train	REST	4	6	4	REST	12
8	1/17 - 1/23	Cross-Train	REST	4	6	5	REST	13
9	1/24 - 1/30	Cross-Train	REST	4	5	3	REST	10
10	1/31 - 2/6	Cross-Train	REST	5	7	4	REST	15
11	2/7 - 2/13	Cross-Train	REST	5	8	4	REST	16
12	2/14 - 2/20	Cross-Train	REST	5	6	4	REST	12
13	2/21 - 2/27	Cross-Train	REST	5	9	5	REST	18
14	2/28 - 3/6	Cross-Train	REST	5	7	5	REST	14
15	3/7 - 3/13	Cross-Train	REST	5	10	4	REST	20 Preview Run
16	3/14 - 3/20	Cross-Train	REST	4	6	4	REST	12
17	3/21 - 3/27	Cross-Train	REST	4	4	4	REST	8
18	3/28 - 4/3	Cross-Train	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.NET