



## 2021 FULL MARATHON FALL TRAINING PROGRAM

Week	Date	Sunday	Monday	Tuesday	Wednesday*	Thursday	Friday	Saturday*
1	7/4 - 7/10	Cross-Train	REST	3	4	3	REST	7 Kickoff Run
2	7/11 - 7/17	Cross-Train	REST	3	4	4	REST	8
3	7/18 - 7/24	Cross-Train	REST	3	3	3	REST	6
4	7/25 - 7/31	Cross-Train	REST	4	4	3	REST	9
5	8/1 - 8/7	Cross-Train	REST	4	5	4	REST	10
6	8/8 - 8/14	Cross-Train	REST	4	4	4	REST	7
7	8/15 - 8/21	Cross-Train	REST	4	6	4	REST	12
8	8/22 - 8/28	Cross-Train	REST	4	6	5	REST	13
9	8/29 - 9/4	Cross-Train	REST	4	5	3	REST	10
10	9/5 - 9/11	Cross-Train	REST	5	7	4	REST	15
11	9/12 - 9/18	Cross-Train	REST	5	8	4	REST	16
12	9/19 - 9/25	Cross-Train	REST	5	6	4	REST	12
13	9/26 - 10/2	Cross-Train	REST	5	9	5	REST	18
14	10/3 - 10/9	Cross-Train	REST	5	7	5	REST	14
15	10/10 - 10/16	Cross-Train	REST	5	10	4	REST	20
16	10/17 - 10/23	Cross-Train	REST	4	6	4	REST	12
17	10/24 - 10/30	Cross-Train	REST	4	4	4	REST	8
18	10/31 - 11/6	Cross-Train	REST	3	3	REST	REST	Monumental Full

\* 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**