



## 2022 FULL MARATHON SPRING TRAINING PROGRAM

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