



2022 FULL MARATHON FALL TRAINING PROGRAM

Week	Date	Sunday	Monday	Tuesday	Wednesday*	Thursday	Friday	Saturday*
1	7/3 - 7/9	Cross-Train	REST	3	4	3	REST	7 Kickoff Run
2	7/10 - 7/16	Cross-Train	REST	3	4	4	REST	8
3	7/17 - 7/23	Cross-Train	REST	3	3	3	REST	6
4	7/24 - 7/30	Cross-Train	REST	4	4	3	REST	9
5	7/31 - 8/6	Cross-Train	REST	4	5	4	REST	10
6	8/7 - 8/13	Cross-Train	REST	4	4	4	REST	7
7	8/14 - 8/20	Cross-Train	REST	4	6	4	REST	12
8	8/21 - 8/27	Cross-Train	REST	4	7	5	REST	13
9	8/28 - 9/3	Cross-Train	REST	4	6	3	REST	10
10	9/4 - 9/10	Cross-Train	REST	5	7	4	REST	15
11	9/11 - 9/17	Cross-Train	REST	5	8	4	REST	16
12	9/18 - 9/24	Cross-Train	REST	5	5	4	REST	12
13	9/25 - 10/1	Cross-Train	REST	5	9	5	REST	18
14	10/2 - 10/8	Cross-Train	REST	5	7	5	REST	14
15	10/9 - 10/15	Cross-Train	REST	5	10	4	REST	20
16	10/16 - 10/22	Cross-Train	REST	4	6	4	REST	12
17	10/23 - 10/29	Cross-Train	REST	4	4	4	REST	8
18	10/30 - 11/5	Cross-Train	REST	3	3 Spooky Run	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