



2023 FULL MARATHON SPRING TRAINING PROGRAM

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