

2023 FULL MARATHON FALL TRAINING PROGRAM

Week	Date	Sunday	Monday	Tuesday	Wednesday*	Thursday	Friday	Saturday*
1	6/25 7/1	REST	3	Cross Train	4	3	REST	7 Kickoff Run
2	7/2 7/8	REST	3	Cross Train	4	4	REST	8
3	7/9 7/15	REST	3	Cross Train	3	3	REST	6
4	7/16 7/22	REST	4	Cross Train	4	3	REST	9
5	7/23 7/29	REST	4	Cross Train	5	4	REST	10
6	7/30 8/5	REST	4	Cross Train	4	4	REST	7
7	8/6 8/12	REST	4	Cross Train	6	4	REST	12
8	8/13 8/19	REST	4	Cross Train	7	5	REST	13
9	8/20 8/26	REST	4	Cross Train	6	3	REST	10
10	8/27 9/2	REST	5	Cross Train	7	4	REST	15
11	9/3 9/9	REST	5	Cross Train	8	4	REST	16
12	9/10 9/16	REST	5	Cross Train	5	4	REST	12
13	9/17 9/23	REST	5	Cross Train	9	5	REST	18
14	9/24 9/30	REST	5	Cross Train	7	5	REST	14
15	10/1 10/7	REST	5	Cross Train	10	4	REST	20
16	10/8 10/14	REST	4	Cross Train	6	4	REST	12
17	10/15 10/21	REST	4	Cross Train	4	4	REST	8
18	10/22 10/28	REST	3	Cross Train	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