



2024 FULL MARATHON SPRING TRAINING PROGRAM

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