



# 2024 FULL MARATHON FALL TRAINING PROGRAM

Week	Date	Sunday	Monday	Tuesday	Wednesday*	Thursday	Friday	Saturday*
0	7/6							7 Kickoff!
1	7/7 - 7/13	REST	3	Cross Train	4	3	REST	7
2	7/14 - 7/20	REST	3	Cross Train	4	4	REST	8
3	7/21 - 7/27	REST	3	Cross Train	3	3	REST	6
4	7/28 - 8/3	REST	4	Cross Train	4	3	REST	9
5	8/4 - 8/10	REST	4	Cross Train	5	4	REST	10
6	8/11 - 8/17	REST	4	Cross Train	4	4	REST	7
7	8/18 - 8/24	REST	4	Cross Train	6	4	REST	12
8	8/25 - 8/31	REST	4	Cross Train	7	5	REST	13
9	9/1 - 9/7	REST	4	Cross Train	6	3	REST	10
10	9/8 - 9/14	REST	5	Cross Train	7	4	REST	15
11	9/15 - 9/21	REST	5	Cross Train	8	4	REST	16
12	9/22 - 9/28	REST	5	Cross Train	5	4	REST	12
13	9/29 - 10/5	REST	5	Cross Train	9	5	REST	18
14	10/6 - 10/12	REST	5	Cross Train	7	5	REST	14
15	10/13 - 10/19	REST	5	Cross Train	10	4	REST	20
16	10/20 - 10/26	REST	4	Cross Train	6	4	REST	12
17	10/27 - 11/2	REST	4	Cross Train	4	4	REST	8
18	11/3 - 11/9	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**