



2026 FULL MARATHON SPRING TRAINING PROGRAM

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