

**Mill Race - Marathon
Sept-24, 2022**

Level 1 Full

FULL MARATHON TRAINING CHART								
WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Total Miles Per Week
0						6	3	9
1	Cross Train	3	Cross Train	4	Rest	6	3	16
2	Cross Train	3	Cross Train	5	Rest	7	4	19
3	Cross Train	3	Cross Train	5	Rest	8	4	20
4	Cross Train	3	Cross Train	6	Rest	9	4	22
5	Cross Train	3	Cross Train	6	Rest	10	5	24
6	Cross Train	3	Cross Train	6	Rest	11	5	25
7	Cross Train	3	Cross Train	7	Rest	12	6	28
8	Cross Train	3	Cross Train	7	Rest	13	6	29
9	Cross Train	3	Cross Train	5	Rest	10	7	25
10	Cross Train	4	Cross Train	8	Rest	15	7	34
11	Cross Train	4	Cross Train	8	Rest	16	8	36
12	Cross Train	4	Cross Train	8	Rest	18	8	38
13	Cross Train	4	Cross Train	8	Rest	19	8	39
14	Cross Train	4	Cross Train	6	Rest	22	9	41
15	Cross Train	4	Cross Train	8	Rest	17	6	35
16	Cross Train	4	Cross Train	6	Rest	13	8	31
17	Cross Train	4	Cross Train	4	Rest	Race Day 26.2	Rest	34.2
								505

Cross Train = Cross fit, Yoga, Swimming, Cycling, Strength/Core Training, Deep Water Running, etc.