

**Mill Race - Marathon
Sept-23, 2023**

Level 1 Full

FULL MARATHON TRAINING CHART									
WEEK	Date (Saturday / week)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY 27-May-23	SUNDAY 28-May-23	Total Miles Per Week
0	May 27, 2023						6	3	9
1	June 03, 2023	Cross Train	3	Cross Train	4	Rest	6	3	16
2	June 10, 2023	Cross Train	3	Cross Train	5	Rest	7	4	19
3	June 17, 2023	Cross Train	3	Cross Train	5	Rest	8	4	20
4	June 24, 2023	Cross Train	3	Cross Train	6	Rest	9	4	22
5	July 01, 2023	Cross Train	3	Cross Train	6	Rest	10	5	24
6	July 08, 2023	Cross Train	3	Cross Train	6	Rest	11	5	25
7	July 15, 2023	Cross Train	3	Cross Train	7	Rest	12	6	28
8	July 22, 2023	Cross Train	3	Cross Train	7	Rest	13	6	29
9	July 29, 2023	Cross Train	3	Cross Train	5	Rest	10	7	25
10	August 05, 2023	Cross Train	4	Cross Train	8	Rest	15	7	34
11	August 12, 2023	Cross Train	4	Cross Train	8	Rest	16	8	36
12	August 19, 2023	Cross Train	4	Cross Train	8	Rest	18	8	38
13	August 26, 2023	Cross Train	4	Cross Train	8	Rest	19	8	39
14	September 02, 2023	Cross Train	4	Cross Train	8	Rest	22	9	43
15	September 09, 2023	Cross Train	4	Cross Train	6	Rest	17	6	33
16	September 16, 2023	Cross Train	4	Cross Train	6	Rest	13	8	31
17	September 23, 2023	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.