



TRAINING SCHEDULE FOR: **REVEL CANYON CITY MARATHON –** **SATURDAY, NOVEMBER 4, 2017**

Beginner: 0-3 previous marathons (B)

Advanced: 4+ previous marathons (A)

Week	Date	Sat Miles	Sun	Mon	Tues	Wed	Thurs	Fri
1	5/13	4 (B) 6 (A)	Walk 30 min	Alternate Exercise 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
2	5/20	5 (B) 7 (A)	Walk 30 min	Alternate Exercise 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
3	5/27	6 (B) 8 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
4	6/3	7 (B) 9 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
5	6/10	8 (B) 10 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
6	6/17	9 (B) 8 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
7	6/24	10 (B) 12 (A)	Walk 30 min	Alternate Exercise 40 min	Run 50 min	Cross- Train 40 min	Run 50 min	Rest
8	7/1	8 (B) 8 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
9	7/8	12 (B) 14 (A)	Walk 30 min	Alternate Exercise 40 min	Run 60 min w/ hill repeats	Cross- Train 50 min	Run 50 min	Rest
10	7/15	8 (B) 8 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 40 min w/ hill repeats	Cross- Train 50 min	Run 40 min	Rest
11	7/22	14 (B) 16 (A)	Walk 30 min	Alternate Exercise 40 min	Run 60 min w/ hill repeats	Cross- Train 50 min	Run 60 min	Rest
12	7/29	10 (B) 10 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 40 min w/ hill repeats	Cross- Train 50 min	Run 40 min	Rest
13	8/5	16 (B) 18 (A)	Walk 30 min	Alternate Exercise 40 min	Run 60 min w/ hill repeats	Cross- Train 50 min	Run 60 min	Rest

Week	Date	Sat Miles	Sun	Mon	Tues	Wed	Thurs	Fri
14	8/12	10 (B) 10 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 50 min w/ hill repeats	Cross- Train 50 min	Run 40 min	Rest
15	8/19	12 (B) 12 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 50 min w/ hill repeats	Cross- Train 50 min	Run 40 min	Rest
16	8/26	18 (B) 20 (A)	Walk 30 min	Alternate Exercise 40 min	Run 60 min w/ hill repeats	Cross- Train 50 min	Run 60 min	Rest
17	9/2	10 (B) 10 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 40 min w/ hill repeats	Cross- Train 50 min	Run 40 min	Rest
18	9/9	12 (B) 12 (A)	Walk 30 min	Alternate Exercise 40 min	Run 40 min w/ hill repeats	Cross- Train 50 min	Run 40 min	Rest
19	9/16	20 (B) 22 (A)	Walk 30 min	Alternate Exercise/ Track	Run 60 min easy pace	Cross- Train 50 min	Run 60 min fast pace	Rest
20	9/23	10 (B) 10(A)	Trail Run Walk	Alternate Exercise/ Track	Run 40 min easy pace	Cross- Train 50 min	Run 40 min fast pace	Rest
21	9/30	12 (B) 12 (A)	Walk 30 min	Alternate Exercise/ Track	Run 40 min easy pace	Cross- Train 50 min	Run 40 min fast pace	Rest
22	10/7	22 (B) 24 (A)	Walk 30 min	Alternate Exercise/ Track	Run 60 min easy pace	Cross- Train 50 min	Run 60 min fast pace	Rest
23	10/14	10 (B) 10 (A)	Trail Run Walk	Alternate Exercise/ Track	Run 50 min easy pace	Cross- Train 50 min	Run 50 min fast pace	Rest
24	10/21	8 (B) 8 (A)	Trail Run Walk	Alternate Exercise/ Track	Run 50 min easy pace	Cross- Train 50 min	Run 50 min fast pace	Rest
25	10/28	8 (B) 8 (A)	Rest	Rest	Run 30 min	Rest	Rest (B) Run 30 min (A)	Rest
26	11/4	Saturday, Nov. 4 26.2 miles	Walk 3 miles Wear your medal all day	Rest	Rest	Walk 4 miles	Swim	Rest
	11/11	3-4 (B) 6-8 (A) Take it slow!	Rest	After your marathon, take three weeks of really slow running before resuming training. LISTEN TO YOUR BODY!				