TRAINING SCHEDULE FOR:
DEATH VALLEY MARATHON – FEBRUARY 4, 2023

Week	Date	Sat Miles	Sun	Mon	Tues	Wed	Thurs	Fri
1	8/13	4	Walk 30 min	Alternate Exercise 40 min	Run 40 min	Cross-Train 40 min	Run 40 min	Rest
2	8/20	5	Walk 30 min	Alternate Exercise 40 min	Run 40 min	Cross-Train 40 min	Run 40 min	Rest
3	8/27	6	Trail Run Walk	Alternate Exercise 40 min	Run 40 min	Cross-Train 40 min	Run 40 min	Rest
4	9/3	7	Trail Run Walk	Alternate Exercise 40 min	Run 40 min	Cross-Train 40 min	Run 40 min	Rest
5	9/10	8	Trail Run Walk	Alternate Exercise 40 min	Run 40 min	Cross-Train 40 min	Run 40 min	Rest
6	9/17	9	Trail Run Walk	Alternate Exercise 40 min	Run 40 min	Cross-Train 40 min	Run 40 min	Rest
7	9/24	10	Walk 30 min	Alternate Exercise 40 min	Run 50 min	Cross-Train 40 min	Run 50 min	Rest
8	10/1	8	Trail Run Walk	Alternate Exercise 40 min	Run 40 min	Cross-Train 40 min	Run 40 min	Rest
9	10/8	12	Walk 30 min	Alternate Exercise 40 min	Run 60 min w/ hill repeats	Cross-Train 50 min	Run 50 min	Rest
10	10/15	10	Trail Run Walk	Alternate Exercise 40 min	Run 40 min w/ hill repeats	Cross-Train 50 min	Run 40 min	Rest
11	10/22	14	Walk 30 min	Alternate Exercise 40 min	Run 60 min w/ hill repeats	Cross-Train 50 min	Run 60 min	Rest
12	10/29	10	Trail Run Walk	Alternate Exercise 40 min	Run 40 min w/ hill repeats	Cross-Train 50 min	Run 40 min	Rest
13	11/5	10	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	11/12	16	Trail Run Walk	Alternate Exercise 40 min	Run 50 min w/ hill repeats	Cross-Train 50 min	Run 40 min	Rest
15	11/19	10	Trail Run Walk	Alternate Exercise 40 min	Run 50 min w/ hill repeats	Cross-Train 50 min	Run 40 min	Rest
16	11/26	11	Walk 30 min	Alternate Exercise 40 min	Run 60 min w/ hill repeats	Cross-Train 50 min	Run 60 min	Rest
17	12/3	18	Trail Run Walk	Alternate Exercise 40 min	Run 40 min w/ hill repeats	Cross-Train 50 min	Run 40 min	Rest
18	12/10	10	Walk 30 min	Alternate Exercise 40 min	Run 40 min w/ hill repeats	Cross-Train 50 min	Run 40 min	Rest
19	12/17	11	Walk 30 min	Alternate Exercise/ Track	Run 60 min easy pace	Cross-Train 50 min	Run 60 min fast pace	Rest
20	12/24	20	Trail Run Walk	Alternate Exercise/ Track	Run 40 min easy pace	Cross-Train 50 min	Run 40 min fast pace	Rest
21	12/31	10	Walk 30 min	Alternate Exercise/ Track	Run 40 min easy pace	Cross-Train 50 min	Run 40 min fast pace	Rest
22	1/7	12	Walk 30 min	Alternate Exercise/ Track	Run 60 min easy pace	Cross-Train 50 min	Run 60 min fast pace	Rest
23	1/14	22	Trail Run Walk	Alternate Exercise/ Track	Run 50 min easy pace	Cross-Train 50 min	Run 50 min fast pace	Rest
24	1/21	10	Trail Run Walk	Alternate Exercise/ Track	Run 50 min easy pace	Cross-Train 50 min	Run 50 min fast pace	Rest
25	1/28	8	Rest	Rest	Run 30 min	Rest	Run 30 min	Rest
26	2/4	**Sat, Nov, 12th 26.2 miles**	**Wear your medal all day**	Walk 3 miles	Rest	Walk 4 miles	Swim	Rest
27	2/11	3-4 Take it slow!	Rest	After your marathon, take three weeks of really slow running before resuming training. LISTEN TO YOUR BODY!				