

Name :	Philadelphia Marathon	Date	11/19/2017
Start Date			
7/15/2017	Saturday, July 15, 2017		
	Short	Medium	Long
Week			
7/15/2017		6 miles	10 miles
7/22/2017		7 miles	10 to 12 miles
7/29/2017		8 miles	7 miles
8/5/2017		10 miles	13 to 14 miles
8/12/2017	6 miles	10 to 12 miles	7 miles
8/19/2017	8 miles	7 miles	15 to 16 miles
8/26/2017	10 miles	13 to 14 miles	8 miles
9/2/2017	10 to 12 miles	7 miles	17 to 18 miles
9/9/2017	7 miles	15 to 16 miles	8 to 10 miles
9/16/2017	13 to 14 miles	8 miles	19 - 20 miles
9/23/2017	7 miles	17 to 18 miles	8 to 10 miles
9/30/2017	15 to 16 miles	8 to 10 miles	8 to 10 miles
10/7/2017	8 miles	19 - 20 miles	22 to 23 miles
10/14/2017	17 to 18 miles	8 to 10 miles	8 to 10 miles
10/21/2017	8 to 10 miles	8 to 10 miles	8 to 10 miles
10/28/2017	19 - 20 miles	22 to 23 miles	24 to 26 miles
11/4/2017	8 to 10 miles	8 to 10 miles	8 to 10 miles
11/11/2017	8 to 10 miles	8 to 10 miles	8 to 10 miles
11/18/2017	The Marathon	The Marathon	The Marathon
11/25/2017	7-10 mi run/walk	7-10 mi run/walk	7-10 mi run/walk