

New York City Marathon 11/04/12 Training Plan C

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7/1/12 4 miles	7/2/12	7/3/12 4 miles	7/4/12	7/5/12 4 miles	7/6/12	7/7/12 6 miles
7/8/12 2 miles	7/9/12	7/10/12 4 miles	7/11/12	7/12/12 4 miles	7/13/12	7/14/12 8 miles
7/15/12 2 miles	7/16/12	7/17/12 4 miles	7/18/12	7/19/12 5 miles	7/20/12	7/21/12 12 miles
7/22/12 2 miles	7/23/12	7/24/12 4 miles	7/25/12	7/26/12 5 miles	7/27/12	7/28/12 10 to 12 miles
7/29/12	7/30/12	7/31/12 5 miles	8/1/12	8/2/12 5 miles	8/3/12	8/4/12 8 miles
8/5/12 3 miles	8/6/12	8/7/12 5 miles	8/8/12	8/9/12 4 miles	8/10/12	8/11/12 10 to 12 miles
8/12/12	8/13/12	8/14/12 5 miles	8/15/12	8/16/12 6 miles	8/17/12	8/18/12 8 miles
8/19/12	8/20/12	8/21/12 5 miles	8/22/12	8/23/12 4 miles	8/24/12	8/25/12 13 to 14 miles
8/26/12	8/27/12	8/28/12 5 miles	8/29/12	8/30/12 6 miles	8/31/12	9/1/12 8 miles
9/2/12 3 miles	9/3/12	9/4/12 6 miles	9/5/12	9/6/12 4 miles	9/7/12	9/8/12 15 to 16 miles
9/9/12	9/10/12 6 miles	9/11/12	9/12/12 6 miles	9/13/12	9/14/12	9/15/12 8 to 10 miles
9/16/12 3 miles	9/17/12	9/18/12 6 miles	9/19/12	9/20/12 4 miles	9/21/12	9/22/12 17 to 18 miles
9/23/12	9/24/12	9/25/12 4 miles	9/26/12	9/27/12 6 miles	9/28/12	9/29/12 10 to 13 miles
9/30/12 3 miles	10/1/12	10/2/12 4 miles	10/3/12	10/4/12 6 miles	10/5/12	10/6/12 13.1 miles
10/7/12	10/8/12	10/9/12 6 miles	10/10/12	10/11/12 4 miles	10/12/12	10/13/12 19 to 20 miles
10/14/12	10/15/12	10/16/12 4 miles	10/17/12	10/18/12 6 miles	10/19/12	10/20/12 8 to 10 miles
10/21/12 4 miles	10/22/12	10/23/12 4 miles	10/24/12	10/25/12 4 miles	10/26/12	10/27/12 8 to 10 miles
10/28/12	10/29/12 4 miles	10/30/12	10/31/12	11/1/12 5 miles	11/2/12	11/3/12 rest
11/4/12 26.2 miles	11/5/12	11/6/12 4 miles	11/7/12	11/8/12 5 miles	11/9/12	11/10/12 6 miles
11/11/12 4 miles	11/12/12	11/13/12 4 miles	11/14/12	11/15/12 5 miles	11/16/12	11/17/12 6 to 8 miles