

NYC Marathon 11/01/09					
Week Ending	Distance (Plan A)	Distance (Plan B)	Distance (Plan C)		
07/11/2009	4 miles	6 miles	4 miles	07/12, Sun, 07:00, na, 6-20M, New York City Marathon Long Training Run #1	
07/18/2009	5 miles	8 miles	5 miles	07/18, Sat, 08:30, s,q, 4.0M, Run for Central Park 4M	
07/25/2009	6 miles	10 miles	6 miles		
08/01/2009	8 miles	12 miles	8 miles	08/01, Sat, 07:00, na, 6-20M, New York City Marathon Long Training Run #2	
08/08/2009	10 miles	10 miles	10 miles		
08/15/2009	10 to 12 miles	13.1miles	13.1 miles	08/15, Sat, 08:00/09:00, s,q (M/W), 5.0M, NYRR Club Championships 5-Mile (teams only)	08/16, Sun, 07:30, s,q, 13.1M, New York City Half Marathon
08/22/2009	7 miles	7 miles	7 miles		
08/29/2009	13 to 14 miles	15 to 16 miles	13 to 14 miles		
09/05/2009	7 miles	8 miles	7 miles		
09/12/2009	15 to 16 miles	17 to 18 miles	15 to 16 miles	09/12, Sat, 08:30 Men/09:30 Women, s, q, 4M, Fitness Mind Body Spirit Games	
09/19/2009	8 miles	13.1miles	13.1 miles	09/20, Sun, 07:00, s,q, 13.1M, Queens Half Marathon	
09/26/2009	17 to 18 miles	8 to 10 miles	17 to 18 miles	09/26, Sat, 09:00, s,q, 1.0M, Fifth Ave Mile	09/27, Sun, 07:00, s,q, 18M, New York City Marathon Tune-Up (18M)
10/03/2009	8 to 10 miles	20 miles	13.1 miles	10/03, Sat, 09:00, s,q, 13.1M, Gretes Gallop Half Marathon	
10/10/2009	20 miles	13.1miles	20 miles	10/11, Sun, 09:45, s,q, 13.1M, Staten Island Half Marathon	
10/17/2009	8 to 10 miles	15 to 16 miles	8 to 10 miles		
10/24/2009	8 to 10 miles	8 to 10 miles	8 to 10 miles	10/25, Sun, 08:30, s,q, 5.0M, Poland Spring 5M	
10/31/2009	The Marathon	The Marathon	The Marathon	11/01, Sun, 10:10, s,q, 26.2M, ING New York City Marathon	