

JSRC Marathon Training Schedule - Bodman Park Summer/Fall 2009

This is the tentative long run schedule for Fall Marathon Training. It is geared toward the first Fall marathons I have heard anyone mention on October 11th. Before you start you should have a base of about 30 miles per week, with 10 miles for a long run. This schedule is like the one last summer. It is based on the one in RW 7/07. Once we build up to 20 miles it gives us a long run about every three weeks. Folks doing the marathons later than 10/11 can adjust by starting the build up later or staying at the same distance for more than one week. We will adjust as we go along and weather dictates. If you want to get weekly e-mail about the time and distance for the coming Sunday, give me your e-mail address. - Liz

Date	Distance
7-Jun	10
14-Jun	12
21-Jun	14
28-Jun	16
5-Jul	18
12-Jul	20
19-Jul	14
26-Jul	18
2-Aug	20
9-Aug	16
16-Aug	18
23-Aug	22
30-Aug	16
6-Sep	18
13-Sep	20
20-Sep	14
27-Sep	12
4-Oct	10
11-Oct	Chicago, Baltimore (Oct. 11)
18-Oct	TBD
25-Oct	Marine Corps (JSRC Trick or Trot)
1-Nov	New York Marathon
8-Nov	TBD
15-Nov	TBD