

TRI CITIES MARATHON TRAINING PROGRAM 2020

WEEK*	WEEK DATES	WEEKDAY RUN #1	WEEKDAY RUN #2	WEEKDAY RUN #3	WEEKEND LONG RUN	TOTAL WEEKLY MILEAGE
1	March 16-22	3	3	3	3	12
2	March 23-29	3	3	3	3	12
3	March 30-April 5	3	3	3	4	13
4	April 6-12	3	3	3	5	14
5	April 13-19	3	3	3	6	15
6	April 20-26	3	4	3	3	13
7	April 27-May 3	4	4	3	4	15
8	May 4-10	4	4	3	5	16
9	May 11-17	4	4	3	6	17
10	May 18-24	4	3	3	4	13
11	May 25-31	4	4	3	7	18
12	June 1-7	4	4	4	8	20
13	June 8-14	4	5	4	9	22
14	June 15-21	3	3	3	5	14
15	June 22-28	4	5	4	9	22
16	June 29-July 5	4	5	4	10	23
17	July 6-12	4	6	4	11	25
18	July 13-19	4	4	3	10K RACE JULY 18th	17.2
19	July 20-26	3	7	4	12	26
20	July 27-Aug 2	4	7	4	13	28
21	Aug 3-9	4	7	4	14	29
22	Aug 10-16	4	4	4	7	19
23	Aug 17-23	4	8	4	15	31
24	Aug 24-30	5	8	4	16	33
25	Aug 30-Sept 6	5	8	5	17	35
26	Sept 7-13	3	5	3	9	20
27	Sept 14-20	5	9	5	18	37
28	Sept 21-27	3	9	3	13.1 RACE SEPT 26	28.1
29	Sept 28-Oct 4	5	10	5	20	40
30	Oct 5-11	5	10	5	16	36
31	Oct 12-18	4	8	4	10	26
32	Oct 19-25	4	6	3	26.2 RACE OCT 25	39.2

*If you are already above this mileage, just maintain what you are currently doing until you get to the week that you are already doing and join the training at that week to increase your mileage. Still come and join us but you may be doing more than the training program for a little while, this is OK.

Weekday runs: there are 3 and should be done in that order. Do them how they work into your schedule. Could be Monday, Wednesday, Thursday or Tuesday, Wednesday, Thursday.

Weekend long run: recommend picking either Saturday or Sunday and taking the day off before and walking or cross-training the day after easy.