

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL
#1	Off	5km	Off	10km	Off	15km	Off	30km
#2	Off	8km	Off	10km	Off	18km	Off	35km
#3	Off	10km	Off	10km	Off	20km	Off	40km
#4	Off	10km	Off	10km	Off	15km	Off	35km
#5	5km	10km	Off	10km	Off	18km	Off	43km
#6	Off	15km	Off	10km	Off	20km	Off	45km
#7	5km	8km	Off	10km	Off	22km	Off	45km
#8	10km	10km	Off	5km	Off	25km	Off	50km
#9	5km	15km	Off	10km	Off	25km	Off	55km
#10	10km	10km	Off	10km	Off	30km	Off	60km
#11	10km	10km	Off	10km	Off	25km	Off	55km
#12	10km	10km	Off	10km	Off	22km	Off	60km
#13	10km	10km	Off	10km	Off	35km	Off	65km
#14	5km	10km	Off	10km	Off	20km	Off	50km
#15	Off	10km	Off	10km	Off	15km	Off	35km
#16	Off	8km	Off	8km	5km	Off	Marathon	

Runing Base of 20-35km/Wk

"NOVICE - Marathon Schedule"
"ROAD 2 HOPE - MARATHON"

