2011 Salt Lake City Marathon Training Schedule

January 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2 **Registration** 12 Miles	**3** 25 mins or Circuit Training	**4** 55 mins	**5** 45 mins	**6** DAY OFF or Circuit Training	**7** 45 mins	**8** DAY OFF
9 14 Miles	**10** 25 mins or Circuit Training	**11** 1 hour	**12** 45 mins	**13** DAY OFF or Circuit Training	**14** 45 mins	**15** DAY OFF
16 15 Miles	**17** 25 mins or Circuit Training	**18** 50 mins	**19** Fartlek 45 mins	**20** DAY OFF or Circuit Training	**21** 45 mins	**22** DAY OFF
23 17 Miles	**24** 25 mins or Circuit Training	**25** Very Easy 1 hour	**26** Fartlek 45 mins	**27** DAY OFF or Circuit Training	**28** Some Hills 55 mins	**29** DAY OFF
30 13 Miles	**31** 25 mins or Circuit Training					

2011 Salt Lake City Marathon Training Schedule

February 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 55 mins	**2** 45 mins Fartlek or 1 mile x 5 Track	**3** DAY OFF or Circuit Training	**4** Some Hills 55 mins	**5** DAY OFF
6 13 Miles	**7** 25 mins or Circuit Training	**8** 1 hour	**9** Fartlek 45 mins	**10** DAY OFF or Circuit Training	**11** 50 mins	**12** DAY OFF
13 20 Miles	**14** 25 mins or Circuit Training	**15** 45 mins	**16** 50 mins	**17** DAY OFF or Circuit Training	**18** Some Hills 55 mins	**19** DAY OFF
20 13 Miles	**21** 25 mins or Circuit Training	**22** 1 Hour	**23** Fartlek 45 mins	**24** DAY OFF or Circuit Training	**25** 50 mins	**26** DAY OFF
27 20 Miles	**28** 25 mins or Circuit Training					

2011 Salt Lake City Marathon Training Schedule

March 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 40 mins	**2** 45 mins	**3** DAY OFF or Circuit Training	**4** Fartlek 50 mins	**5** DAY OFF
6 13 Miles	**7** 25 mins or Circuit Training	**8** 1 hour	**9** Easy 1 hour	**10** DAY OFF or Circuit Training	**11** Easy Hills 45 mins	**12** DAY OFF
13 22 Miles	**14** 25 mins or Circuit Training	**15** 50 mins	**16** 1 hour Fartlek or 1 mile x 5 Track	**17** DAY OFF or Circuit Training	**18** Fartlek 1 hour	**19** DAY OFF
20 10 Miles	**21** 25 mins or Circuit Training	**22** 60 mins	**23** Easy 40 mins	**24** DAY OFF or Circuit Training	**25** Easy Hills 55 mins	**26** DAY OFF
27 18 Miles Last Long Run!	**28** 25 mins or Circuit Training	**29** Easy 45 mins	**30** Easy 50 mins	**31** DAY OFF or Circuit Training		

2011 Salt Lake City Marathon Training Schedule

April 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 55 mins	**2** DAY OFF
3 10 Miles	**4** 25 mins or Circuit Training	**5** 1 hour	**6** Easy 45 mins	**7** DAY OFF or Circuit Training	**8** 45 mins	**9** DAY OFF
10 10 Miles	**11** 30 mins	**12** DAY OFF	**13** Easy 20 mins	**14** **Salt Lake City Expo**	**15** **Salt Lake City Expo**	**16** **Salt Lake City Baby!**
17 Walk	**18** Walk	**19** 20 mins Walk/Jog	**20** 20 mins Walk/Jog	**21** DAY OFF	**22** 20 mins Walk/Jog	**23** DAY OFF
24 20 min. Walk/Jog	**25** DAY OFF	**26** Easy 30 mins	**27** Easy 30 mins	**28** DAY OFF or Circuit Training	**29** Easy 30 mins	**30** DAY OFF