

Week	Day	Activity	Comments
1	Sunday, October 13, 2019	Marathon Day	
1	Monday, October 14, 2019	Rest	Massage one of these days? high carb diet.
1	Tuesday, October 15, 2019	Rest	Massage one of these days? high carb diet.
1	Wednesday, October 16, 2019	Rest	Massage one of these days? high carb diet.
1	Thursday, October 17, 2019	2 mile jog	very relaxed pace. If muscles hurt, stop and walk. High carb diet.
1	Friday, October 18, 2019	cross train or rest	if not cross training Sunday
1	Saturday, October 19, 2019	60 min run	very relaxed pace. High carb diet
2	Sunday, October 20, 2019	cross train or rest	if not cross training previous Friday
2	Monday, October 21, 2019	rest	
2	Tuesday, October 22, 2019	2 mile run	
2	Wednesday, October 23, 2019	4 mile run	
2	Thursday, October 24, 2019	2 mile run	
2	Friday, October 25, 2019	cross train or rest	if not cross training Sunday
2	Saturday, October 26, 2019	30-60 min run	very relaxed pace
3	Sunday, October 27, 2019	cross train or rest	if not cross training previous Friday
3	Monday, October 28, 2019	rest	
3	Tuesday, October 29, 2019	3 mile run	
3	Wednesday, October 30, 2019	4 mile run	
3	Thursday, October 31, 2019	3 mile run	
3	Friday, November 1, 2019	cross train or rest	if not cross training Sunday
3	Saturday, November 2, 2019	45-60 min run	
4	Sunday, November 3, 2019	cross train or rest	if not cross training previous Friday
4	Monday, November 4, 2019	rest	
4	Tuesday, November 5, 2019	4 mile run	
4	Wednesday, November 6, 2019	5 mile run	
4	Thursday, November 7, 2019	4 mile run	
4	Friday, November 8, 2019	cross train or rest	if not cross training Sunday
4	Saturday, November 9, 2019	60 min run	
5	Sunday, November 10, 2019	cross train or rest	if not cross training previous Friday
5	Monday, November 11, 2019	5 mile run	
5	Tuesday, November 12, 2019	8 mile run	@half marathon pace
5	Wednesday, November 13, 2019	5 mile run	
5	Thursday, November 14, 2019	rest	
5	Friday, November 15, 2019	5 mile run	@half marathon pace
5	Saturday, November 16, 2019	11 mile run	
6	Sunday, November 17, 2019	cross train or rest	
6	Monday, November 18, 2019	5 mile run	
6	Tuesday, November 19, 2019	6 mile run	
6	Wednesday, November 20, 2019	4 mile run	
6	Thursday, November 21, 2019	rest	
6	Friday, November 22, 2019	3 mile run	@half marathon pace
6	Saturday, November 23, 2019	12 mile run	
7	Sunday, November 24, 2019	rest	
7	Monday, November 25, 2019	4 mile run	
7	Tuesday, November 26, 2019	4 mile run	@half marathon pace
7	Wednesday, November 27, 2019	2 mile run	
7	Thursday, November 28, 2019	rest	
7	Friday, November 29, 2019	rest	
7	Saturday, November 30, 2019	Half Marathon	Schaumburg Turkey Trot John Wall BWRC 20191008