

Long Island Marathon (05/06/12)		
Week Ending	Short	Long
1/7/2012		8 miles
1/14/2012	6 miles	10 miles
1/21/2012	7 miles	8 miles
1/28/2012	8 miles	10 to 12 miles
2/4/2012	10 miles	8 miles
2/11/2012	8 miles	13 to 14 miles
2/18/2012	10 to 12 miles	8 to 10 miles
2/25/2012	8 miles	15 to 16 miles
3/3/2012	13 to 14 miles	8 to 10 miles
3/10/2012	8 to 10 miles	17 to 18 miles
3/17/2012	15 to 16 miles	8 to 10 miles
3/24/2012	8 to 10 miles	19 to 20 miles
3/31/2012	17 to 18 miles	8 to 10 miles
4/7/2012	8 to 10 miles	8 to 10 miles
4/14/2012	19 to 20 miles	22 to 23 miles
4/21/2012	8 to 10 miles	8 to 10 miles
4/28/2012	8 to 10 miles	8 to 10 miles
5/5/2012	The Marathon	The Marathon
5/12/2012	7-10 mi run/walk	7-10 mi run/walk