

Long Island Marathon 05/06/12 Training Plan C						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1/1/12 4 miles	1/2/12	1/3/12 4 miles	1/4/12	1/5/12 4 miles	1/6/12	1/7/12 6 miles
1/8/12 2 miles	1/9/12	1/10/12 4 miles	1/11/12	1/12/12 4 miles	1/13/12	1/14/12 7 miles
1/15/12 2 miles	1/16/12	1/17/12 4 miles	1/18/12	1/19/12 5 miles	1/20/12	1/21/12 8 miles
1/22/12 2 miles	1/23/12	1/24/12 4 miles	1/25/12	1/26/12 5 miles	1/27/12	1/28/12 9 miles
1/29/12	1/30/12	1/31/12 5 miles	2/1/12	2/2/12 5 miles	2/3/12	2/4/12 10 miles
2/5/12 3 miles	2/6/12	2/7/12 5 miles	2/8/12	2/9/12 4 miles	2/10/12	2/11/12 8 miles
2/12/12	2/13/12	2/14/12 5 miles	2/15/12	2/16/12 6 miles	2/17/12	2/18/12 10 to 12 miles
2/19/12	2/20/12	2/21/12 5 miles	2/22/12	2/23/12 4 miles	2/24/12	2/25/12 8 miles
2/26/12	2/27/12	2/28/12 5 miles	2/29/12	3/1/12 6 miles	3/2/12	3/3/12 13 to 14 miles
3/4/12 3 miles	3/5/12	3/6/12 6 miles	3/7/12	3/8/12 4 miles	3/9/12	3/10/12 8 to 10 miles
3/11/12	3/12/12 6 miles	3/13/12	3/14/12 6 miles	3/15/12	3/16/12	3/17/12 15 to 16 miles
3/18/12 3 miles	3/19/12	3/20/12 6 miles	3/21/12	3/22/12 4 miles	3/23/12	3/24/12 8 to 10 miles
3/25/12	3/26/12	3/27/12 4 miles	3/28/12	3/29/12 6 miles	3/30/12	3/31/12 17 to 18 miles
4/1/12 3 miles	4/2/12	4/3/12 4 miles	4/4/12	4/5/12 6 miles	4/6/12	4/7/12 8 to 10 miles
4/8/12	4/9/12	4/10/12 6 miles	4/11/12	4/12/12 4 miles	4/13/12	4/14/12 19 to 20 miles
4/15/12	4/16/12	4/17/12 4 miles	4/18/12	4/19/12 6 miles	4/20/12	4/21/12 8 to 10 miles
4/22/12 4 miles	4/23/12	4/24/12 4 miles	4/25/12	4/26/12 4 miles	4/27/12	4/28/12 8 to 10 miles
4/29/12	4/30/12 4 miles	5/1/12	5/2/12	5/3/12 5 miles	5/4/12	5/5/12 rest
5/6/12 26.2 miles	5/7/12	5/8/12 4 miles	5/9/12	5/10/12 5 miles	5/11/12	5/12/12 6 miles
5/13/12 4 miles	5/14/12	5/15/12 4 miles	5/16/12	5/17/12 5 miles	5/18/12	5/19/12 6 to 8 miles

01/07, Sat, 8:00, 6.2M, Joe Kleinerman 10K
01/21, Sat, 8:00, 13.1M, Manhattan Half Marathon
02/05, Sun, 9:00, 4M, Gridiron Classic 4M
02/19, Sun, 10:00, 10M, PPTC Cherry Tree 10M
02/25, Sat, 8:00, 4M, Al Gordon Classic 4M
03/04, Sun, 9:00, 3.1M, Coogan's Salsa, Blues, and Shamrocks 5K
03/18, Sun, 7:30, 13.1M, New York City Half Marathon
04/01, Sun, 9:00, 4M, Colon Cancer 4M 04/01, Sun, 10:15, 9.3M, Colon Cancer 15K
04/07, Sat, 8:00, 6.2M, Scotland Run 10K
04/15, Sun, 8:00, 13.1M, More Half Marathon (women only)
04/22, Sun, 8:00, 4M, City Parks Run for the Parks (4M) 04/22, Sun, 10:00, 5M, Alley Pond 5 Mile Challenge
04/29, Sun, 8:00, 4M, Run as One 4M
05/12, Sat, 8:00, 6.2M, Healthy Kidney 10K 05/13, Sun, 8:00, 4M, Japan Day 4M
05/19, Sat, 7:00, 13.1M, Brooklyn Half Marathon