

Training Plan			
Name :	New York City Marathon	Date	11/6/2016
Start Date	6/11/2016	Saturday, June 11, 2016	
	Short	Medium	Long
Week			
6/11/2016			6 miles
6/18/2016			7 miles
6/25/2016			8 miles
7/2/2016		6 miles	10 miles
7/9/2016		7 miles	10 to 12 miles
7/16/2016		8 miles	7 miles
7/23/2016		10 miles	13 to 14 miles
7/30/2016	6 miles	10 to 12 miles	7 miles
8/6/2016	8 miles	7 miles	15 to 16 miles
8/13/2016	10 miles	13 to 14 miles	8 miles
8/20/2016	10 to 12 miles	7 miles	17 to 18 miles
8/27/2016	7 miles	15 to 16 miles	8 to 10 miles
9/3/2016	13 to 14 miles	8 miles	19 - 20 miles
9/10/2016	7 miles	17 to 18 miles	8 to 10 miles
9/17/2016	15 to 16 miles	8 to 10 miles	8 to 10 miles
9/24/2016	8 miles	19 - 20 miles	22 to 23 miles
10/1/2016	17 to 18 miles	8 to 10 miles	8 to 10 miles
10/8/2016	8 to 10 miles	8 to 10 miles	8 to 10 miles
10/15/2016	19 - 20 miles	22 to 23 miles	24 to 26 miles
10/22/2016	8 to 10 miles	8 to 10 miles	8 to 10 miles
10/29/2016	8 to 10 miles	8 to 10 miles	8 to 10 miles
11/5/2016	The Marathon	The Marathon	The Marathon
11/12/2016	7-10 mi run/walk	7-10 mi run/walk	7-10 mi run/walk