

New York City Marathon 11/06/15 Training Plan A						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7/3/16 4 miles	7/4/16 4 miles	7/5/16	7/6/16 4 miles	7/7/16	7/8/16	7/9/16 6 miles
7/10/16	7/11/16 4 miles	7/12/16	7/13/16 4 miles	7/14/16	7/15/16	7/16/16 8 miles
7/17/16	7/18/16 4 miles	7/19/16	7/20/16 5 miles	7/21/16	7/22/16	7/23/16 12 miles
7/24/16	7/25/16 4 miles	7/26/16	7/27/16 5 miles	7/28/16	7/29/16	7/30/16 10 to 12 miles
7/31/16	8/1/16 5 miles	8/2/16	8/3/16 5 miles	8/4/16	8/5/16	8/6/16 8 miles
8/7/16	8/8/16 5 miles	8/9/16	8/10/16 4 miles	8/11/16	8/12/16	8/13/16 13 to 14 miles
8/14/16	8/15/16 5 miles	8/16/16	8/17/16 6 miles	8/18/16	8/19/16	8/20/16 8 miles
8/21/16	8/22/16 5 miles	8/23/16	8/24/16 4 miles	8/25/16	8/26/16	8/27/16 15 to 16 miles
8/28/16	8/29/16 5 miles	8/30/16	8/31/16 6 miles	9/1/16	9/2/16	9/3/16 8 miles
9/4/16	9/5/16 6 miles	9/6/16	9/7/16 4 miles	9/8/16	9/9/16	9/10/16 17 to 18 miles
9/11/16	9/12/16 6 miles	9/13/16	9/14/16 6 miles	9/15/16	9/16/16	9/17/16 8 to 10 miles
9/18/16	9/19/16 6 miles	9/20/16	9/21/16 4 miles	9/22/16	9/23/16	9/24/16 19 to 20 miles
9/25/16	9/26/16 4 miles	9/27/16	9/28/16 6 miles	9/29/16	9/30/16	10/1/16 10 to 13 miles
10/2/16	10/3/16 4 miles	10/4/16	10/5/16 6 miles	10/6/16	10/7/16	10/8/16 13.1 miles
10/9/16	10/10/16 6 miles	10/11/16	10/12/16 4 miles	10/13/16	10/14/16	10/15/16 22 to 23 miles
10/16/16	10/17/16 4 miles	10/18/16	10/19/16 6 miles	10/20/16	10/21/16	10/22/16 8 to 10 miles
10/23/16	10/24/16 4 miles	10/25/16	10/26/16 4 miles	10/27/16	10/28/16	10/29/16 8 to 10 miles
10/30/16	10/31/16 4 miles	11/1/16	11/2/16	11/3/16 5 miles	11/4/16	11/5/16 rest
11/6/16 26.2 miles	11/7/16 rest	11/8/16 2 miles	11/9/16	11/10/16 3 miles	11/11/16	11/12/16 4 miles
11/13/16 4 miles	11/14/16	11/15/16 4 miles	11/16/16	11/17/16 5 miles	11/18/16	11/19/16 6 to 8 miles