

New York City Marathon 2011 Training Plan C

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

07/09, Sat, 09:00, s,q, 6.2M, Cystic Fibrosis Run 10K
07/16, Sat, 08:00, s,q, 4.0M, Run for Central Park 4M
07/23, Sat, 07:00, na, 6-20M, New York City Marathon Long Training Run #1
07/30, Sat, 07:00, s,q, 13.1M, Queens Half Marathon
08/06, Sat, 08:00/09:00, s,q (M/W), 5.0M, NYRR Club Championships 5-Mile (teams only)
08/21, Sat, 07:00, na, 6-20M, New York City Marathon Long Training Run #2
08/27, Sat, 08:30, s,q, 3.1M, Percy Sutton Harlem 5K 08/28, Sun, 08:00, s,q, 13.1M, Bronx Half Marathon
09/17, Sat, 09:00, s, q, 4M, Fitness Mind Body Spirit Games
09/25, Sun, 07:00, s,q, 18M, New York City Marathon Tune-Up (18M)
10/01, Sat, 08:15, s,q, 13.1M, Gretes Gallop Half Marathon
10/09, Sun, 08:30, s,q, 13.1M, Staten Island Half Marathon
10/30, Sun, 08:30, s,q, 5.0M, Poland Spring 5M
11/06, Sun, 10:10, s,q, 26.2M, ING New York City Marathon
11/19, Sat, 08:00, s, 37.3M, Knickerbocker 60K 11/20, Sun, 08:30, s,q, 4.0M, Race to Deliver (4M) 11/20, Sun, 09:00, RW, 5M-10M, 100th Annual Coney Island Racewalks