

**Marathon Level 1**

Week	Mon Date	Mon	Tues	Wed	Thurs (Tempo)	Fri	Sat	Sun	Sun Date
1	17-Jul	30	30	Off	30	Off	4 mi	Off	23-Jul
2	24-Jul	30	30	Off	30	Off	5 mi	Off	30-Jul
3	31-Jul	30	30	Off	30	Off	6 mi	Off	6-Aug
4	7-Aug	35	35	Off	35	Off	7 mi	Off	13-Aug
5	14-Aug	35	35	Off	30/10 @ MP	Off	8 mi	Off	20-Aug
6	21-Aug	30	35	Off	30/10 @ MP	Off	9 mi	Off	27-Aug
7	28-Aug	35	35	Off	30/10 @ MP	Off	8 mi	Off	3-Sep
8	4-Sep	35	40	Off	35/15 @ MP	Off	9 mi	Off	10-Sep
9	11-Sep	40	40	Off	35/15 @ MP	Off	10 mi	Off	17-Sep
10	18-Sep	35	40	Off	35/15 @ MP	Off	12 mi	Off	24-Sep
11	25-Sep	35	40	Off	35/15 @ MP	Off	10 mi	Off	1-Oct
12	2-Oct	30	45	Off	35/15 @ MP	Off	12 mi	Off	8-Oct
13	9-Oct	35	45	Off	45/15 @ MP	Off	14 mi	Off	15-Oct
14	16-Oct	35	45	Off	45/15 @ MP	Off	12 mi	Off	22-Oct
15	23-Oct	35	45	Off	45/15 @ MP	Off	13 mi	Off	29-Oct
16	30-Oct	35	40	Off	45/15 @ MP	Off	15 mi	Off	5-Nov
17	6-Nov	30	45	Off	50/20 @ MP	Off	17 mi	Off	12-Nov
18	13-Nov	35	45	Off	50/20 @ MP	Off	15 mi	Off	19-Nov
19	20-Nov	35	50	Off	50/20 @ MP	Off	17 mi	Off	26-Nov
20	27-Nov	35	45	Off	50/20 @ MP	Off	18 mi	Off	3-Dec
21	4-Dec	35	50	Off	45	Off	19 mi	Off	10-Dec
22	11-Dec	30	50	Off	45	Off	21 mi	Off	17-Dec
23	18-Dec	30	30	Off	45	Off	16 mi	Off	24-Dec
24	25-Dec	35	45	Off	35	Off	12 mi	Off	31-Dec
25	1-Jan	30	40	Off	30	Off	8 mi	Off	7-Jan
26	8-Jan	25	40	Off	30	Off	Rest or 20 min	Race	14-Jan