

2017-2018 IMF Marathon Training Schedule

| Week | Start date | Sat | Sun | Mon | Tues | Wed | Thurs | Fri |
|------|------------|----------|-------------------|-------------|---------------------------------|-------------|------------------------------|------------------|
| 1 | 7/15/17 | 3 miles | cross train | 30 min easy | 30 min easy | cross train | 30 min easy | off |
| 2 | 7/22/17 | 4 miles | cross train | 30 min easy | 30 min easy | cross train | 35 min easy | off |
| 3 | 7/29/17 | 5 miles | cross train | 30 min easy | 35 min easy | cross train | 35 min easy | off |
| 4 | 8/5/17 | 6 miles | cross train | 35 min easy | 35 min easy | cross train | 35 min easy | off |
| 5 | 8/12/17 | 7 miles | cross train | 35 min easy | 35 min easy | cross train | 40 min easy | off |
| 6 | 8/19/17 | 8 miles | cross train | 35 min easy | 35 min easy | cross train | 40 min hills | off |
| 7 | 8/26/17 | 8 miles | cross train | 35 min easy | 40 min easy | cross train | 40 min hills | off |
| 8 | 9/2/17 | 9 miles | cross train | 35 min easy | 40 min easy | cross train | 45 min hills | off |
| 9 | 9/9/17 | 10 miles | cross train | 35 min easy | 45 min easy | cross train | 45 min hills | off |
| 10 | 9/16/17 | 10 miles | cross train | 35 min easy | 45 min easy or 4 - 30/30's | cross train | 45 min hills | off |
| 11 | 9/23/17 | 12 miles | cross train | 35 min easy | 45 min easy or 6 - 30/30's | cross train | 50 min hills | off |
| 12 | 9/30/17 | 12 miles | cross train | 35 min easy | 50 min easy or 8 - 30/30's | cross train | 50 min hills | off |
| 13 | 10/7/17 | 14 miles | cross train | 35 min easy | 50 min easy or 10 - 30/30's | cross train | 55 min hills | off |
| 14 | 10/14/17 | 14 miles | cross train | 35 min easy | 55 min easy | cross train | 55 min easy | off |
| 15 | 10/21/17 | 12 miles | cross train | 40 min easy | 55 min hills or 4 - 60/60's | cross train | 55 min - tempo A | off |
| 16 | 10/28/17 | 14 miles | cross train | 40 min easy | 55 min hills or 6 - 60/60's | cross train | 60 min - tempo A | off |
| 17 | 11/4/17 | 16 miles | cross train | 40 min easy | 60 min easy | cross train | 60 min easy | off |
| 18 | 11/11/17 | 12 miles | cross train | 40 min easy | 60 min hills or 8 - 60/60's | cross train | 65 min - tempo B | off |
| 19 | 11/18/17 | 18 miles | cross train | 40 min easy | 60 min easy | cross train | 65 min easy | off |
| 20 | 11/25/17 | 12 miles | cross train | 40 min easy | 65 min hills or 3 - 3:00/3:00's | cross train | 65 min - tempo B | off |
| 21 | 12/2/17 | 20 miles | cross train | 40 min easy | 65 min easy | cross train | 65 min easy | off |
| 22 | 12/9/17 | 12 miles | cross train | 40 min easy | 65 min hills or 4 - 3:00/3:00's | cross train | 70 min - tempo C | off |
| 23 | 12/16/17 | 21 miles | cross train | 40 min easy | 70 min easy | cross train | 70 min easy | off |
| 24 | 12/23/17 | 12 miles | cross train | 40 min easy | 70 min hills or 5 - 3:00/3:00's | cross train | 75 min - tempo C @ goal pace | off |
| 25 | 12/30/17 | 16 miles | cross train | 40 min easy | 70 min hills | cross train | 75 min - tempo C @ goal pace | off |
| 26 | 1/6/18 | 8 miles | cross train | 45 min easy | 40 min easy | cross train | 30 min easy | 20 min easy walk |
| 27 | 1/13/18 | off | Carlsbad Marathon | | | | | |