

# Training Schedule for the Shamrock Marathon

## Novice Marathon

Week	Date	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Total
18	15-Nov-09	Active recovery	rest	4-6 miles	3 miles	4-6 miles	rest	5 miles	<b>18 miles</b>
17	22-Nov-09	Active recovery	rest	4-6 miles	3 miles	4-6 miles	rest	6 miles	<b>19 miles</b>
16	29-Nov-09	Active recovery	rest	4-6 miles	4 miles	4-6 miles	rest	7 miles	<b>21 miles</b>
15	06-Dec-09	Active recovery	rest	4-6 miles	4 miles	4-6 miles	rest	8 miles	<b>22 miles</b>
14	13-Dec-09	Active recovery	rest	4-6 miles	5 miles	4-6 miles	rest	9 miles	<b>24 miles</b>
13	20-Dec-09	Active recovery	rest	4-6 miles	5 miles	4-6 miles	rest	10 miles	<b>25 miles</b>
12	27-Dec-09	Active recovery	rest	4-6 miles	6 miles	4-6 miles	rest	11 miles	<b>27 miles</b>
11	03-Jan-10	Active recovery	rest	4-6 miles	6 miles	4-6 miles	rest	12 miles	<b>28 miles</b>
10	10-Jan-10	Active recovery	rest	4-6 miles	3 miles	4-6 miles	rest	9 miles	<b>22 miles</b>
9	17-Jan-10	Active recovery	rest	4-6 miles	7 miles	4-6 miles	rest	14 miles	<b>31 miles</b>
8	24-Jan-10	Active recovery	rest	4-6 miles	8 miles	4-6 miles	rest	16 miles	<b>34 miles</b>
7	31-Jan-10	Active recovery	rest	4-6 miles	5 miles	4-6 miles	rest	13 miles	<b>28 miles</b>
6	07-Feb-10	Active recovery	rest	4-6 miles	9 miles	4-6 miles	rest	18 miles	<b>37 miles</b>
5	14-Feb-10	Active recovery	rest	4-6 miles	10 miles	4-6 miles	rest	15 miles	<b>35 miles</b>
4	21-Feb-10	Active recovery	rest	4-6 miles	9 miles	4-6 miles	rest	20 miles	<b>39 miles</b>
3	28-Feb-10	Active recovery	rest	4-6 miles	8 miles	4-6 miles	rest	12 miles	<b>30 miles</b>
2	07-Mar-10	Active recovery	rest	4-6 miles	6 miles	4-6 miles	rest	8 miles	<b>24 miles</b>
1	14-Mar-10	Active recovery	rest	4 miles	4 miles	rest	2 miles	rest	<b>10 miles</b>
<b>21-Mar-10</b>		<b>Shamrock Marathon – Virginia Beach</b>							



## Novice Half Marathon

Week	Date	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Total
8	24-Jan-10	Active recovery	4 miles	4 miles	rest	4 miles	rest	4 miles	<b>16 miles</b>
7	31-Jan-10	Active recovery	4 miles	4 miles	rest	4 miles	rest	5 miles	<b>17 miles</b>
6	07-Feb-10	Active recovery	5 miles	4 miles	rest	4 miles	rest	6 miles	<b>19 miles</b>
5	14-Feb-10	Active recovery	4 miles	4 miles	3 miles	4 miles	rest	7 miles	<b>22 miles</b>
4	21-Feb-10	Active recovery	4 miles	4 miles	4 miles	4 miles	rest	8 miles	<b>24 miles</b>
3	28-Feb-10	Active recovery	4 miles	4 miles	4 miles	4 miles	rest	9 miles	<b>25 miles</b>
2	07-Mar-10	Active recovery	3 miles	4 miles	3 miles	4 miles	rest	10 miles	<b>24 miles</b>
1	14-Mar-10	Active recovery	3 miles	4 miles	3 miles	rest	2 miles	rest	<b>12 miles</b>
<b>21-Mar-10</b>		<b>Shamrock Half Marathon</b>							