

26-Week FULL Marathon Training Schedule-Adults 2015-2016 (January Print)

Week Start	Week Count Down	Sun	Mon	Tues	Wed	Thu	Fri	Sat	SAT Training Adults Half Marathon Sat Schedule	SAT Teens Mileage
6-Sep	-5	6-Sep	7-Sep	8-Sep	9-Sep	10-Sep	11-Sep	12-Sep	None	
13-Sep	-4	13-Sep	14-Sep	15-Sep	16-Sep	17-Sep	18-Sep	19-Sep	None	3
20-Sep	-3	20-Sep	21-Sep	22-Sep	23-Sep Info Meeting & Signups 6:30pm (Fleet Feet MOD)	24-Sep	25-Sep	26-Sep	Newbies: Can start walking Light jog 15-30 min	3
27-Sep	-2	27-Sep	28-Sep Shadowchase Board Meeting	29-Sep	30-Sep	1-Oct Shadowchase General Meeting 6:45pm & Signups	2-Oct	3-Oct Info Meeting & Signups 8:00am (Fleet Feet MOD)	Newbies: Can start walking	3
4-Oct	-1	4-Oct Peace Officer Run Booth SETUP SIGN UPS	5-Oct	6-Oct	7-Oct	8-Oct	9-Oct	10-Oct Cheese & Wine 5K Run Booth SETUP SIGNUPS	4	4
11-Oct	1	11-Oct	12-Oct Info Meeting & Signups 6:30pm (Fleet Feet MOD)	13-Oct	14-Oct	15-Oct	16-Oct	17-Oct First GROUP workout 30 min @ ELP	3	4
18-Oct	2	18-Oct Individual Work out 20-30 minutes	19-Oct Rest	20-Oct Group Workout 6:30pm @VC	21-Oct Rest	22-Oct Individual Work Out Run/Walk 35 min	23-Oct Rest	24-Oct Group Workout 7:45am @ELP 4 miles	3	5

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25-Oct	3	25-Oct Individual Work out 3 miles	26-Oct Rest	27-Oct Group Workout 6:30pm @VC	28-Oct Rest	29-Oct Individual Work Out Run/Walk 35 min	30-Oct Rest	31-Oct Halloween Fun Run 3.1 Miles TIME TBD ELP	3.1 or 10K	3.1 or 10K
1-Nov	4	1-Nov Individual Work out 3 miles	2-Nov Shadowchase Board Meeting	3-Nov Group Workout 6:30pm @VC	4-Nov Rest	5-Nov Individual Work Out Run/Walk 40 min Shadowchase Club Meeting	6-Nov Rest	7-Nov 5 miles 7:45am ELP	5	8
8-Nov	5	8-Nov Individual Work out 3 miles	9-Nov Rest	10-Nov Group Workout 6:30pm @VC	11-Nov Rest	12-Nov Individual Work Out Run/Walk 40 min	13-Nov Rest	14-Nov 6 miles 7:45am ELP	6	6
15-Nov	6	15-Nov Individual Work out 3 miles	16-Nov Rest	17-Nov Group Workout 6:30pm @VC	18-Nov Rest	19-Nov Individual Work Out Run/Walk 40 min	20-Nov Rest	21-Nov 7 miles 7:45am	7	10
22-Nov	7	22-Nov Individual Work out 3 miles	23-Nov Rest	24-Nov Group Workout 6:30pm @VC	25-Nov Rest	26-Nov Turkey Trot	27-Nov Rest	28-Nov 8 miles 7:45am ELP	8	6
29-Nov	8	29-Nov Individual Work out 3 miles	30-Nov Rest	1-Dec Group Workout 6:30pm @VC	2-Dec Rest	3-Dec Individual Work Out Run/Walk 40 min Shadowchase Club Meeting	4-Dec Rest	5-Dec 9 miles 7:45am ELP	9	12

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6-Dec	9	6-Dec Individual Work out 3 miles	7-Dec Rest	8-Dec <u>5:30pm & 6:30pm FLEET FEET SHOE & INJURY PREVENTION SEMINAR & Workout @ 1427 Standard Ave. Modesto. There will be 2 workouts 5:30pm & 6:30pm.</u>	9-Dec Rest	10-Dec Individual Work Out 3-5 miles	11-Dec Rest	12-Dec Spirit of Giving 5K + 5 Miles (2.5 miles before race and 2.5 miles after) TIME TBD	6	3.1
13-Dec	10	13-Dec Individual Work out 3 miles	14-Dec Rest	15-Dec Group Workout 6:30pm @VC	16-Dec Rest	17-Dec Individual Work Out 3-5 miles	18-Dec Rest	19-Dec 12 miles 7:45am ELP	8	14
20-Dec	11	20-Dec Individual Work out 3 miles	21-Dec Rest	22-Dec Group Workout 6:30pm @VC	23-Dec	24-Dec Individual Work Out 3-5 miles	25-Dec Rest	26-Dec 10 miles today or 10 miles at flat arch Sunday ELP 7:45am	9	10
27-Dec	12	27-Dec 10 Miles Flat Arch 7:00am	28-Dec Rest	29-Dec Group Workout 6:30pm @VC	30-Dec Rest	31-Dec Individual Work Out 3-5 miles	1-Jan Rest	2-Jan 10 miles 7:45am ELP	8	8
3-Jan	13	3-Jan Individual Work out 4 miles	4-Jan Rest	5-Jan Group Workout 6:30pm @VC	6-Jan Rest	7-Jan Individual Work Out 3-5 miles	8-Jan Rest	9-Jan 14 miles 7:45m ELP	10	16
10-Jan	14	10-Jan Individual Work out 4 miles	11-Jan Rest	12-Jan Group Workout 6:30pm @VC	13-Jan Rest	14-Jan Individual Work Out 3-5 miles	15-Jan Rest	16-Jan 10 miles 7:45am ELP **LIVERMORE TRIP	9	10

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17-Jan	15	17-Jan Individual Work out 4 miles	18-Jan Rest	19-Jan Group Workout 6:30pm @VC	20-Jan Rest	21-Jan Individual Work Out 3-5 miles	22-Jan Rest	23-Jan 16 miles 7:45 am ELP (Shadowchase Banquet)	10	18
24-Jan	16	24-Jan Individual Work out 4 miles	25-Jan Rest	26-Jan Group Workout 6:30pm @VC	27-Jan Rest	28-Jan Individual Work Out 3-5 miles	29-Jan Rest	30-Jan 10 miles 7:45am ELP	9	8
31-Jan	17	31-Jan Individual Work out 4 miles	1-Feb Rest	2-Feb Group Workout 6:30pm @VC	3-Feb Rest	4-Feb Individual Work Out 3-5 miles	5-Feb Rest	6-Feb 18 miles 7:45am ELP	10	20
7-Feb	18	7-Feb Individual Work out 4 miles	8-Feb Rest	9-Feb Group Workout 6:30pm @VC	10-Feb Rest	11-Feb Individual Work Out 3-5 miles	12-Feb Rest	13-Feb 13.1 miles 7:45am ELP	12	13.1
14-Feb	19	14-Feb Individual Work out 4 miles	15-Feb Rest	16-Feb Group Workout 6:30pm @VC	17-Feb Rest	18-Feb Individual Work Out 3-5 miles	19-Feb Rest	20-Feb 10 Miles 7:45am ELP Movie Night	10	10
21-Feb	20	21-Feb Individual Work out 4 miles	22-Feb Rest	23-Feb Group Workout 6:30pm @VC	24-Feb Rest	25-Feb Individual Work Out 3-5 miles	26-Feb Rest	27-Feb 20 miles 7:45am ELP	12	22
28-Feb	21	28-Feb Individual Work out 4 miles	29-Feb Rest	1-Mar Group Workout 6:30pm @VC	2-Mar Rest	3-Mar Individual Work Out 3-5 miles	4-Mar Rest	5-Mar 10 miles 7:45am ELP	10	6 miles door knob day

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6-Mar	22	6-Mar Individual Work out 4 miles	7-Mar Rest	8-Mar Group Workout 6:30pm @VC	9-Mar Rest	10-Mar Individual Work Out 3-5 miles	11-Mar Rest	12-Mar 8 miles 7:45am ELP	6 miles	4 miles 9th street cleanup
13-Mar	23	13-Mar Individual Work out 4 miles	14-Mar Stay off Feet	15-Mar Group Workout 6:30pm @VC	16-Mar Rest	17-Mar Individual Work Out 3-5 miles	18-Mar Rest	19-Mar Expo - Rest	Stay off feet	Stay off feet
20-Mar	24	20-Mar Marathon!!	21-Mar Recovery walk 30 minutes	22-Mar Recovery walk 30 minutes	23-Mar Rest	24-Mar Rest	25-Mar Rest	26-Mar 3 miles slow run / walk individual	Marathon Week	Marathon Week
27-Mar	25	27-Mar Run/Walk 3 miles	28-Mar Rest	29-Mar Run/Walk 3 miles	30-Mar Rest	31-Mar Run/Walk 3 miles	1-Apr Rest	2-Apr 6 miles individual	Recovery Week 3 miles on Saturday	
3-Apr	26	3-Apr 3 miles	4-Apr Rest	5-Apr Run/Walk 3 miles	6-Apr	7-Apr Run/Walk 3 miles	8-Apr	9-Apr 6 miles individual	Recovery Week 3 miles on Saturday	