

26-Week FULL Marathon Training Schedule-Adults 2015-2016 (Feb/March 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 |

26-Week FULL Marathon Training Schedule-Adults 2015-2016 (Feb/March Print)

| Week Start | Week Count Down | Sun | Mon | Tues | Wed | Thu | Fri | Sat | SAT Training Adults Half Marathon Sat Schedule | SAT Teens Mileage |
|------------|-----------------|---------------------------------------|------------------------------------|------------------------------------|----------------|--|----------------|---|--|-------------------|
| 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 |

26-Week FULL Marathon Training Schedule-Adults 2015-2016 (Feb/March Print)

| Week Start | Week Count Down | Sun | Mon | Tues | Wed | Thu | Fri | Sat | SAT Training Adults Half Marathon Sat Schedule | SAT Teens Mileage |
|------------|-----------------|---|--------------------|---|--------------------|---|--------------------|--|--|-------------------|
| 6-Dec | 9 | 6-Dec Individual Work out 3 miles | 7-Dec Rest | <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 Rest | 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 |

26-Week FULL Marathon Training Schedule-Adults 2015-2016 (Feb/March Print)

| Week Start | Week Count Down | Sun | Mon | Tues | Wed | Thu | Fri | Sat | SAT Training Adults Half Marathon Sat Schedule | SAT Teens Mileage |
|------------|-----------------|---------------------------------------|----------------|------------------------------------|----------------|---|----------------|--|--|-----------------------|
| 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 | 10 | 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 Livermore or 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 |

26-Week FULL Marathon Training Schedule-Adults 2015-2016 (Feb/March Print)

| 26-Week FULL Marathon Training Schedule-Adults 2015-2016 (Feb/March Print) | | | | | | | | | | |
|--|-----------------|---------------------------------------|------------------------------------|------------------------------------|----------------|---|----------------|--|--|----------------------------|
| Week Start | Week Count Down | Sun | Mon | Tues | Wed | Thu | Fri | Sat | SAT Training Adults Half Marathon Sat Schedule | SAT Teens Mileage |
| 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 | |