

ST LUKE'S/D&L RACEFEST MARATHON TRAINING PROGRAM

WEEK OF	MON	TUE	WED	THR	FRI	SAT	SUN	TOTAL
7/3/2023	REST	4	7	REST	4	REST	12	28
7/10/2023	REST	5	REST	8	REST	4	14	31
7/17/2023	REST	6	8	REST	6	4	10	34
7/24/2023	REST	6	8	REST	6	4	12	36
7/31/2023	REST	6	8	REST	6	4	14	38
8/7/2023	REST	6	8	REST	6	5	16	41
8/14/2023	REST	6	8	REST	6	5	18	43
8/21/2023	REST	5	REST	5	REST	4	10	24
8/28/2023	REST	5	7	REST	6	4	20	42
9/4/2023	REST	6	8	REST	6	4	14	38
9/11/2023	REST	5	REST	6	REST	4	11	26
9/18/2023	REST	5	7	REST	6	4	21	43
9/25/2023	REST	6	8	REST	6	4	14	38
10/2/2023	REST	6	REST	6	REST	4	10	26
10/9/2023	REST	5	7	REST	6	5	22	45
10/16/2023	REST	6	8	REST	6	4	12	36
10/23/2023	REST	7	REST	5	REST	4	14	30
10/30/2023	REST	6	REST	4	REST	2	10	22
11/6/2023	REST	3	2	REST	REST	REST	MARATHON	31