

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

WEEK OF	MON	TUE	WED	THR	FRI	SAT	SUN	TOTAL
4/27/2024	REST	2.5	4	REST	3	2	5	17
5/5/2024	REST	2.5	4.5	REST	3	2	6	18
5/12/2024	REST	3	4.5	REST	3	2	7	20
5/19/2024	REST	3	4.5	REST	3.5	2	8	21
5/26/2024	REST	3	5	REST	3.5	2	9	23
6/2/2024	REST	3.5	5	REST	3.5	2	10	24
6/9/2024	REST	3.5	5	REST	4	2	11	26
6/16/2024	REST	4	5.5	REST	4	2	9	25
6/23/2024	REST	4	5.5	REST	2	REST	10	25

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WEEK OF	MON	TUE	WED	THR	FRI	SAT	SUN	TOTAL
6/30/2024	REST	4	7	REST	4	REST	12	28
7/7/2024	REST	5	REST	8	REST	4	14	31
7/14/2024	REST	6	8	REST	6	4	10	34
7/21/2024	REST	6	8	REST	6	4	12	36
7/28/2024	REST	6	8	REST	6	4	14	38
8/4/2024	REST	6	8	REST	6	5	16	41
8/11/2024	REST	6	8	REST	6	5	18	43
8/18/2024	REST	5	REST	5	REST	4	10	24
8/25/2024	REST	5	7	REST	6	4	20	42
9/1/2024	REST	6	8	REST	6	4	14	38
9/8/2024	REST	5	REST	6	REST	4	11	26
9/15/2024	REST	5	7	REST	6	4	21	43
9/22/2024	REST	6	8	REST	6	4	14	38
9/29/2024	REST	6	REST	6	REST	4	10	26
10/6/2024	REST	5	7	REST	6	5	22	45
10/13/2024	REST	6	8	REST	6	4	12	36
10/20/2024	REST	7	REST	5	REST	4	14	30
10/27/2024	REST	6	REST	4	REST	2	10	22
11/3/2024	REST	3	2	REST	REST	REST	ST LUKE'S D&L MARATHON	31