

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

WEEK OF	MON	TUE	WED	THR	FRI	SAT	SUN	TOTAL
4/27/2025	REST	2.5	4	REST	3	2	5	17
5/4/2025	REST	2.5	4.5	REST	3	2	6	18
5/11/2025	REST	3	4.5	REST	3	2	7	20
5/18/2025	REST	3	4.5	REST	3.5	2	8	21
5/25/2025	REST	3	5	REST	3.5	2	9	23
6/1/2025	REST	3.5	5	REST	3.5	2	10	24
6/8/2025	REST	3.5	5	REST	4	2	11	26
6/15/2025	REST	4	5.5	REST	4	2	9	25
6/22/2025	REST	4	5.5	REST	2	REST	10	25

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WEEK OF	MON	TUE	WED	THR	FRI	SAT	SUN	TOTAL
6/29/2025	REST	4	7	REST	4	REST	12	28
7/6/2025	REST	5	REST	8	REST	4	14	31
7/13/2025	REST	6	8	REST	6	4	10	34
7/20/2025	REST	6	8	REST	6	4	12	36
7/27/2025	REST	6	8	REST	6	4	14	38
8/3/2025	REST	6	8	REST	6	5	16	41
8/10/2025	REST	6	8	REST	6	5	18	43
8/17/2025	REST	5	REST	5	REST	4	10	24
8/24/2025	REST	5	7	REST	6	4	20	42
8/31/2025	REST	6	8	REST	6	4	14	38
9/7/2025	REST	5	REST	6	REST	4	11	26
9/14/2025	REST	5	7	REST	6	4	21	43
9/21/2025	REST	6	8	REST	6	4	14	38
9/28/2025	REST	6	REST	6	REST	4	10	26
10/5/2025	REST	5	7	REST	6	5	22	45
10/12/2025	REST	6	8	REST	6	4	12	36
10/19/2025	REST	7	REST	5	REST	4	14	30
10/26/2025	REST	6	REST	4	REST	2	10	22
11/2/2025	REST	3	2	REST	REST	REST	ST LUKE'S D&L MARATHON	31