

Marathon Training Plan

great
Limerick
run

Sunday May 1st
2011

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
1	off	4	4	3	off	13	3	27
2	off	5	5	5	off	10	5	30
3	off	4	4	3	3	15	3	32
4	off	5	5	5	3	12	4	34
5	off	5	4	4	off	18	4	35
6	off	5	6	5	4	13	4	37
7	off	6	5	5	3	18	3	40
8	off	6	6	6	6	13	5	42
9	off	6	6	6	4	20	3	45
10	off	6	6	6	6	13	5	42
11	off	6	6	6	4	20	3	45
12	off	6	6	6	6	15	5	42
13	off	6	6	6	4	20	3	45
14	off	6	6	6	6	13	5	42
15	off	5	6	5	4	22	3	45
16	off	5	5	4	3	15	3	35
17	off	5	5	5	off	8	4	27
18	off	4	4	3	off	3	26.2	14+race

www.GreatLimerickRun.com

