

great Limerick run

SUNDAY MAY 6TH,
2012

Marathon Training Plan

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
1	off	3	off	3	off	8	3	17
2	off	4	off	4	off	6	4	18
3	off	3	off	4	off	10	3	20
4	off	5	off	4	off	8	4	21
5	off	4	off	3	off	13	3	23
6	off	4	4	4	off	8	4	24
7	off	4	4	4	off	15	off	27
8	off	4	4	4	off	10	3	25
9	off	3	4	4	off	16	3	30
10	off	5	5	5	off	12	3	30
11	off	4	4	4	off	18	3	33
12	off	5	6	5	3	12	4	35
13	off	4	4	4	off	20	3	35
14	off	5	6	5	off	12	4	32
15	off	4	4	4	off	20	3	35
16	off	4	4	4	3	15	3	33
17	off	4	4	4	off	6	5	23
18	off	4	4	3	off	2	26.2	13+race

www.GreatLimerickRun.com

