

Marathon Training Plan

great
Limerick
run

10k 21k 42k

MAY: 2: 2010

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
1	off	6	5	6	5	15	5	42
2	off	6	6	6	5	18	4	45
3	off	6	6	6	4	20	5	47
4	off	6	6	8	6	15	6	47
5	off	6	6	6	6	20	6	50
6	off	6	6	8	6	13	6	45
7	off	8	8	8	6	20	5	55
8	off	8	8	8	7	13	6	50
9	off	8	8	8	8	20	8	60
10	off	8	8	8	8	15	6	53
11	off	8	8	8	8	22	6	60
12	off	8	8	8	8	15	6	53
13	off	8	8	8	8	23	5	60
14	off	8	8	8	8	15	8	55
15	off	8	7	6	6	22	6	55
16	off	6	8	6	5	15	5	45
17	off	6	6	6	5	8	4	35
18	off	5	4	3	off	3	26.2	15+race

