



# 2025 Winter/Spring Training Schedule Full Marathon - Advance

Week	Dates	Sun	Mon (miles)	Tues (miles)	Wed	Thurs (miles)	Fri	Sat (miles)
1	12/15	off / X- train	3	4	off / X- train	4	Off	6
2	12/22	off / X- train	4	5	off / X- train	4	off	7
3	12/29	off / X- train	5	4	off / X- train	5	off	8
4	01/05	off / X- train	5	4-5	off / X- train	5	off	9
5	01/12	off / X- train	6	4-5	off / X- train	5	off	11
6	01/19	off / X- train	6	5	off / X- train	5	off	10
7	01/26	off / X- train	6	4	off / X- train	5	off	13
8	02/02	off / X- train	5	6	off / X- train	5-6	off	14
9	02/09	off / X- train	6	4-5	off / X- train	5-6	off	13
10	02/16	off / X- train	6	5	off / X- train	5-6	off	16
11	02/23	off / X- train	5	4	off / X- train	6	off	14
12	03/02	off / X- train	6	4-5	off / X- train	5-6	off	18
13	03/09	off / X- train	5	4	off / X- train	6	off	16
14	03/16	off / X- train	5	5	off / X- train	5	off	20
15	03/23	off / X- train	5	6	off / X- train	5	off	15
16	03/30	off / X- train	6	5	off / X- train	4	off	18
17	04/06	off / X- train	5	5	off / X- train	4	off	22
18	04/13	off / X- train	5	6	off / X- train	4	off	10
19	04/20		6	4		4	off	0