

## RACCOON MOUNTAIN MARATHON 2016 TRAINING PLAN

WEEK OF	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NOV 29	Rest	3	4	Rest	3	Rest	6
DEC 6	Rest	3	4	Rest	3	Rest	7
DEC 13	Rest	3	4	Rest	3	Rest	8
DEC 20	Rest	3	4	Rest	3	Rest	10
DEC 27	Rest	3	4	Rest	3	Rest	8
JAN 3	Rest	3	5	Rest	3	Rest	12
JAN 10	Rest	3	5	Rest	4	Rest	13.1 Freeze Your Half Off
JAN 17	Rest	4	5	Rest	4	Rest	10
JAN 24	Rest	4	5	Rest	4	Rest	14
JAN 31	Rest	4	5	Rest	5	Rest	16
FEB 7	Rest	5	5	Rest	5	Rest	12
FEB 14	Rest	4	6	Rest	5	Rest	18
FEB 21	Rest	5	5	Rest	5	Rest	20
FEB 28	Rest	4	3	Rest	4	Rest	14
MARCH 6	Rest	4	3	Rest	3	Rest	10
MARCH 13	Rest	3	3	Rest	2	Rest	26.2

This training plan works for walkers, run/walkers, and runners. The mileage is what counts, not your speed. Do some of your runs on hilly routes and trails! For injury prevention, we recommend an every-other-day dose of lunges, squats, core work, along with foam rolling and stretching.

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