

# RUN A KID TO CAMP

## Full Marathon Training Schedule

### October 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<b>1</b> Start Training! <b>REST</b>
<b>2</b> Just move your body 1 mile!	<b>3</b> REST	<b>4</b> 1 mile	<b>5</b> 2 miles	<b>6</b> 1 mile	<b>7</b> REST	<b>8</b> 2 miles
<b>9</b> walk/cross	<b>10</b> REST	<b>11</b> 2 miles	<b>12</b> 1 mile	<b>13</b> 2 miles	<b>14</b> REST	<b>15</b> 3 miles
<b>16</b> walk/cross	<b>17</b> REST	<b>18</b> 2 miles	<b>19</b> 2 miles	<b>20</b> 2 miles	<b>21</b> REST	<b>22</b> 4 miles
<b>23</b> walk/cross	<b>24</b> REST	<b>25</b> 3 miles	<b>26</b> 2 miles	<b>27</b> 3 miles	<b>28</b> REST	<b>29</b> 5 miles
<b>30</b> walk/cross	<b>31</b> REST					

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### November 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> 3 miles	<b>2</b> 3 miles	<b>3</b> 3 miles	<b>4</b> REST	<b>5</b> 6 miles
<b>6</b> walk/cross	<b>7</b> REST	<b>8</b> 3 miles	<b>9</b> 4 miles	<b>10</b> 3 miles	<b>11</b> REST	<b>12</b> 7 miles
<b>13</b> walk/cross	<b>14</b> REST	<b>15</b> 3 miles	<b>16</b> 5 miles	<b>17</b> 3 miles	<b>18</b> REST	<b>19</b> 8 miles
<b>20</b> walk/cross	<b>21</b> REST	<b>22</b> 4 miles	<b>23</b> 5 miles	<b>24</b> 4 miles	<b>25</b> REST	<b>26</b> 9 miles
<b>27</b> walk/cross	<b>28</b> REST	<b>29</b> 4 miles	<b>30</b> 6 miles			

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### December 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1</b> 4 miles	<b>2</b> REST	<b>3</b> 10 miles
<b>4</b> walk/cross	<b>5</b> REST	<b>6</b> 5 miles	<b>7</b> 7 miles	<b>8</b> 5 miles	<b>9</b> REST	<b>10</b> 13 miles
<b>11</b> walk/cross	<b>12</b> REST	<b>13</b> 4 miles	<b>14</b> 8 miles	<b>15</b> 4 miles	<b>16</b> REST	<b>17</b> 11 miles
<b>18</b> walk/cross	<b>19</b> REST	<b>20</b> 5 miles	<b>21</b> 8 miles	<b>22</b> 5 miles	<b>23</b> REST	<b>24</b> 14 miles
<b>25</b> walk/cross	<b>26</b> REST	<b>27</b> 4 miles	<b>28</b> 6 miles	<b>29</b> 4 miles	<b>30</b> REST	<b>31</b> 16 miles

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### January 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> walk/cross	<b>2</b> REST	<b>3</b> 4 miles	<b>4</b> 8 miles	<b>5</b> 4 miles	<b>6</b> REST	<b>7</b> 12 miles
<b>8</b> walk/cross	<b>9</b> REST	<b>10</b> 4 miles	<b>11</b> 6 miles	<b>12</b> 4 miles	<b>13</b> REST	<b>14</b> 18 miles
<b>15</b> walk/cross	<b>16</b> REST	<b>17</b> 4 miles	<b>18</b> 6 miles	<b>19</b> 4 miles	<b>20</b> REST	<b>21</b> 20 miles
<b>22</b> walk/cross	<b>23</b> REST	<b>24</b> 4 miles	<b>25</b> 6 miles	<b>26</b> 4 miles	<b>27</b> REST	<b>28</b> 12 miles
<b>29</b> walk/cross	<b>30</b> REST	<b>31</b> 4 miles				

# **RUN A KID TO CAMP**

## **Full Marathon Training Schedule**

### February 2023

<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
			<b>1</b> 4 miles	<b>2</b> 4 miles	<b>3</b> REST	<b>4</b> 8 miles
<b>5</b> walk/cross	<b>6</b> 2 miles	<b>7</b> 2 miles	<b>8</b> REST	<b>9</b> 2 miles	<b>10</b> REST	<b>11</b> RACE DAY!!