



## 2025 FULL MARATHON SPRING TRAINING PROGRAM

Week	Date	Sunday	Monday	Tuesday	Wednesday*	Thursday	Friday	Saturday*
1	12/15 12/21	REST	3	Cross Train	4	3	REST	7 Kickoff!
2	12/22 12/28	REST	3	Cross Train	4	4	REST	8
3	12/29 1/4	REST	3	Cross Train	3	3	REST	6
4	1/5 1/11	REST	4	Cross Train	4	3	REST	9
5	1/12 1/18	REST	4	Cross Train	5	4	REST	10
6	1/19 1/25	REST	4	Cross Train	4	4	REST	7
7	1/26 2/1	REST	4	Cross Train	6	4	REST	12
8	2/2 2/8	REST	4	Cross Train	7	5	REST	13
9	2/9 2/15	REST	4	Cross Train	6	3	REST	10
10	2/16 2/22	REST	5	Cross Train	7	4	REST	15
11	2/23 3/1	REST	5	Cross Train	8	4	REST	16
12	3/2 3/8	REST	5	Cross Train	5	4	REST	12
13	3/9 3/15	REST	5	Cross Train	9	5	REST	18
14	3/16 3/22	REST	5	Cross Train	7	5	REST	14
15	3/23 3/29	REST	5	Cross Train	10	4	REST	20 Preview
16	3/30 4/5	REST	4	Cross Train	6	4	REST	12
17	4/6 4/12	REST	4	Cross Train	4	4	REST	8
18	4/13 4/19	REST	3	Cross Train	3	REST	REST	Carmel Full Marathon

\* Check the Run Calendar for locations and times of official Wed and Sat club runs

<http://www.carmelrunners.net/carmel-runners-club-calendar/>

**WWW.CARMELRUNNERS.NET**