



2023 MARATHON TRAINING MILEAGE SCHEDULE AND ROUTES

Week	Sunday Long Run				Route
	Date	Novice	Intermediate	Advanced	
1	6/11/2023	6	8	10	West from Gazebo to Zero and Back
2	6/18/2023	7	9	11	West from Gazebo to Zero and Back
3	6/25/2023	5	6	8	West from Gazebo to Zero and Back
4	7/2/2023	9	11	13	No formal Hydration due to the holiday - bring your own Hydration
5	7/9/2023	10	12	14	East from Gazebo to Main Street, to VP and Back to Gazebo
6	7/16/2023	7	9	10	West from Gazebo to Zero and Back
7	7/23/2023	12	14	16	West from the Gazebo to Zero to Weisbrook and Back, east to Main street and west Back to Gazebo
8	7/30/2023	13	15	17	East from Gazebo to Main and VP then Back west to the Zero and back east to Gazebo
9	8/6/2023	10	11	12	West from Gazebo to Zero to County Farm & Back
10	8/13/2023	15	17	19	West from Gazebo to Zero to Weisbrook to Zero to County Farm to Zero and Back
11	8/20/2023	16	18	20	West from Gazebo to Zero, to Weisbrook back to Zero, east to Gazebo, east to Main Street and west Back
12	8/27/2023	12	13	12	East from Gazebo to Main, to VP, then west to Gazebo
13	9/3/2023	18	20	21	East from Gazebo to Main, to VP, then west to Zero, to Weisbrook and east back to Gazebo
14	9/10/2023	14	12	12	West from Gazebo to Zero, to County Farm and Back east to Gazebo
15	9/17/2023	20	21	22	East from Gazebo to Main to VP, west back to Gazebo, west to zero, west to County Farm and east back to Gazebo
16	9/24/2023	12	12	12	East from Gazebo to Main, to VP and back west to Gazebo
17	10/1/2023	8	8	8	West from Gazebo to Zero and back east to Gazebo
18	10/8/2023	Chicago		MARATHON	