

2024 MARATHON TRAINING MILEAGE SCHEDULE AND ROUTES

Week	Sunday Long Run				Route
	Date	Novice	Intermediate	Advanced	
1	6/16/24	6	8	10	West from Gazebo to Zero and Back
2	6/23/24	7	9	11	West from Gazebo to Zero and Back
3	6/30/24	5	6	8	West from Gazebo to Zero and Back
4	7/7/24	9	11	13	No formal Hydration due to the holiday - bring your own Hydration
5	7/14/24	10	12	14	East from Gazebo to Main Street, to VP and Back to Gazebo
6	7/21/24	7	9	10	West from Gazebo to Zero and Back
7	7/28/24	12	14	16	West from the Gazebo to Zero to Weisbrook and Back, east to Main street and west Back to Gazebo
8	8/4/24	13	15	17	East from Gazebo to Main and VP then Back west to the Zero and back east to Gazebo
9	8/11/24	10	11	12	West from Gazebo to Zero to County Farm & Back
10	8/18/24	15	17	19	West from Gazebo to Zero to Weisbrook to Zero to County Farm to Zero and Back
11	8/25/24	16	18	20	West from Gazebo to Zero, to Weisbrook back to Zero, east to Gazebo, east to Main Street and west Back
12	9/1/24	12	13	12	East from Gazebo to Main, to VP, then west to Gazebo
13	9/8/24	18	20	21	East from Gazebo to Main, to VP, then west to Zero, to County Farm and east back to Gazebo
14	9/15/24	14	12	12	West from Gazebo to Zero, to County Farm and Back east to Gazebo
15	9/22/24	20	21	22	East from Gazebo to Main to VP, west back to Gazebo, west to zero, southwest to Weisbrook and east back to Gazebo
16	9/29/24	12	12	12	East from Gazebo to Main, to VP and back west to Gazebo
17	10/6/24	8	8	8	West from Gazebo to Zero and back east to Gazebo
18	10/13/24	Chicago		MARATHON	