



**ANNAPOLIS STRIDERS, INC.**  
**MOORE'S MARINES™ MARINE CORPS MARATHON TRAINING**

Week <sup>8</sup>	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 (6/22)	CT <sup>9</sup>	5	7	5	R <sup>10</sup>	10	4
2 (6/29)	CT	6	8	6	R	12	4
3 (7/6)	CT	4	R	4	R	14	4
4 (7/13)	CT	6	8	6	R	16 <sup>11</sup>	4
5 (7/20)	CT	6	8	6	R	14	4
6 (7/27)	CT	6	8	6	R	16	5 <sup>12</sup> (Dog Days 8k)
7 (8/3)	CT	4	R	4	R	16	4
8 (8/10)	CT	5	7	5	R	18	4
9 (8/17)	CT	6	8	6	R	20	4
10 (8/24)	CT	4	R	4	R	12-14	(Annapolis 10 mile) <sup>13</sup>
11 (8/31)	CT	5	7 <sup>14</sup>	5	R	16-18	4
12 (9/7)	CT	5	7	5	R	20	4
13 (9/14)	CT	5	7	5	R	18	4
14 (9/21)	CT	7	R	5	R	16	4
15 (9/28)	CT	7	R	5	R	20-22 <sup>15</sup>	4 <sup>16</sup>
16 (10/5)	CT	6	8	6	R	14	4
17 (10/12)	CT	7	R	5	R	10	4
18 (10/19)	CT	5-6	R	1-2	R	R	26.2!



DISCLAIMER

This generalized training schedule and exercise program is not to be interpreted as recommendations for a specific treatment plan or course of action. Exercise is not without its risks, and this or any other exercise program may result in injury. To reduce the risk of injury, before beginning this or any exercise program, please consult a healthcare provider for appropriate exercise prescription and safety precautions. The training schedule and exercise program presented are in no way intended as a substitute for medical consultation. As with any exercise program, if at any point during your workout you begin to feel faint, ill, dizzy, or have

<sup>8</sup> The “week” starts on Monday.

<sup>9</sup> CT= Cross Train

<sup>10</sup> R= Rest, or short jog

<sup>11</sup> This is also the same day as the Wall Mile at Broadneck. Many of us will be at the Wall Mile instead of Jonas Green Park; details to follow

<sup>12</sup> The Dog Days 8K would be a good race for you to do.

<sup>13</sup> You may also run the Annapolis 10 mile on Sunday. If so, we suggest you do 8-10 on Saturday and take it easy during the A-10

<sup>14</sup> Optional speedwork will start here. You will warm up with 2 miles, run at marathon pace for 3-4 miles and cool down for 1-2 miles. This will continue for every Wednesday (where there is running) until the week before the marathon

<sup>15</sup> We may run the Metric Marathon course, and then some, as a training run on Saturday; details to follow.

<sup>16</sup> This is also the date for the Metric Marathon. Sorry, you can't run it as it is too close to the Baltimore Marathon, but should volunteer.

physical discomfort, you should stop immediately and consult a healthcare provider. The participants in this generalized training schedule and exercise assume all risks associated with involvement in this generalized training schedule and exercise program. The Annapolis Striders, Inc., the Road Runners Club of America, and its agents and representatives, disclaim any and all liability from and in connection with this generalized training schedule and exercise program.