



RUNNERS LANE MARATHON TRAINING GROUP scm 1/2 TO LA MARATHON 2015

WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	29-Jun REST	30-Jun OFF/X-TRN	1-Jul 30 MIN RUN	2-Jul OFF/X-TRN	3-Jul 30 MIN RUN	4-Jul OFF/X-TRN	5-Jul 3 MILES
2	6-Jul REST	7-Jul OFF/X-TRN	8-Jul 30 MIN RUN	9-Jul OFF/X-TRN	10-Jul 30 MIN RUN	11-Jul OFF/X-TRN	12-Jul 3 MILES
3	13-Jul REST	14-Jul OFF/X-TRN	15-Jul 30 MIN RUN	16-Jul OFF/X-TRN	17-Jul 30 MIN RUN	18-Jul OFF/X-TRN	19-Jul 3 MILES
4	20-Jul REST	21-Jul OFF/X-TRN	22-Jul 30 MIN RUN	23-Jul OFF/X-TRN	24-Jul 30 MIN RUN	25-Jul OFF/X-TRN	26-Jul 3 MILES
5	27-Jul REST	28-Jul OFF/X-TRN	29-Jul 30 MIN RUN	30-Jul OFF/X-TRN	31-Jul 30 MIN RUN	1-Aug OFF/X-TRN	2-Aug 4 MILES
6	3-Aug REST	4-Aug OFF/X-TRN	5-Aug 30 MIN RUN	6-Aug OFF/X-TRN	7-Aug 30 MIN RUN	8-Aug OFF/X-TRN	9-Aug 4 MILES
7	10-Aug REST	11-Aug OFF/X-TRN	12-Aug 30 MIN RUN	13-Aug OFF/X-TRN	14-Aug 30 MIN RUN	15-Aug OFF/X-TRN	16-Aug 4 MILES
8	17-Aug REST	18-Aug OFF/X-TRN	19-Aug 30 MIN RUN	20-Aug OFF/X-TRN	21-Aug 30 MIN RUN	22-Aug OFF/X-TRN	23-Aug 5 MILES
9	24-Aug REST	25-Aug OFF/X-TRN	26-Aug 30 MIN RUN	27-Aug OFF/X-TRN	28-Aug 30 MIN RUN	29-Aug OFF/X-TRN	30-Aug 5 MILES
10	31-Aug REST	1-Sep OFF/X-TRN	2-Sep 30 MIN RUN	3-Sep OFF/X-TRN	4-Sep 30 MIN RUN	5-Sep OFF/X-TRN	6-Sep 5 MILES
11	7-Sep REST	8-Sep OFF/X-TRN	9-Sep 30 MIN RUN	10-Sep OFF/X-TRN	11-Sep 30 MIN RUN	12-Sep OFF/X-TRN	13-Sep 6 MILES
12	14-Sep REST	15-Sep OFF/X-TRN	16-Sep 30 MIN RUN	17-Sep OFF/X-TRN	18-Sep 30 MIN RUN	19-Sep OFF/X-TRN	20-Sep 3 MILES
13	21-Sep REST	22-Sep OFF/X-TRN	23-Sep 30 MIN RUN	24-Sep OFF/X-TRN	25-Sep 30 MIN RUN	26-Sep OFF/X-TRN	27-Sep 7 MILES
14	28-Sep REST	29-Sep OFF/X-TRN	30-Sep 30 MIN RUN	1-Oct OFF/X-TRN	2-Oct 30 MIN RUN	3-Oct OFF/X-TRN	4-Oct 3 MILES
15	5-Oct REST	6-Oct OFF/X-TRN	7-Oct 30 MIN RUN	8-Oct OFF/X-TRN	9-Oct 30 MIN RUN	10-Oct OFF/X-TRN	11-Oct 9 MILES

16	SUNDAY 12-Oct REST	MONDAY 13-Oct OFF/X-TRN	TUESDAY 14-Oct 30 MIN RUN	WEDNESDAY 15-Oct OFF/X-TRN	THURSDAY 16-Oct 30 MIN RUN	FRIDAY 17-Oct OFF/X-TRN	SATURDAY 18-Oct 10 MILES
17	SUNDAY 19-Oct REST	MONDAY 20-Oct OFF/X-TRN	TUESDAY 21-Oct 30 MIN RUN	WEDNESDAY 22-Oct OFF/X-TRN	THURSDAY 23-Oct 30 MIN RUN	FRIDAY 24-Oct OFF/X-TRN	SATURDAY 25-Oct 4 MILES
18	SUNDAY 26-Oct REST	MONDAY 27-Oct OFF/X-TRN	TUESDAY 28-Oct 30 MIN RUN	WEDNESDAY 29-Oct OFF/X-TRN	THURSDAY 30-Oct 30 MIN RUN	FRIDAY 31-Oct 20 MIN WALK	SATURDAY 1-Nov REST
19	SUNDAY 2-Nov SC HALF	MONDAY 3-Nov OFF/X-TRN	TUESDAY 4-Nov 30 MIN RUN	WEDNESDAY 5-Nov OFF/X-TRN	THURSDAY 6-Nov 30 MIN RUN	FRIDAY 7-Nov OFF/X-TRN	SATURDAY 8-Nov 10 MILES
20	SUNDAY 9-Nov REST	MONDAY 10-Nov OFF/X-TRN	TUESDAY 11-Nov 30 MIN RUN	WEDNESDAY 12-Nov OFF/X-TRN	THURSDAY 13-Nov 30 MIN RUN	FRIDAY 14-Nov OFF/X-TRN	SATURDAY 15-Nov 6 MILES
21	SUNDAY 16-Nov REST	MONDAY 17-Nov OFF/X-TRN	TUESDAY 18-Nov 30 MIN RUN	WEDNESDAY 19-Nov OFF/X-TRN	THURSDAY 20-Nov 30 MIN RUN	FRIDAY 21-Nov 20 MIN RUN	SATURDAY 22-Nov 9 MILES
22	SUNDAY 23-Nov REST	MONDAY 24-Nov OFF/X-TRN	TUESDAY 25-Nov 30 MIN RUN	WEDNESDAY 26-Nov OFF/X-TRN	THURSDAY 27-Nov 30 MIN RUN	FRIDAY 28-Nov OFF/X-TRN	SATURDAY 29-Nov 14 MILES
23	SUNDAY 30-Nov REST	MONDAY 1-Dec OFF/X-TRN	TUESDAY 2-Dec 30 MIN RUN	WEDNESDAY 3-Dec OFF/X-TRN	THURSDAY 4-Dec 30 MIN RUN	FRIDAY 5-Dec OFF/X-TRN	SATURDAY 6-Dec 5 MILES
24	SUNDAY 7-Dec REST	MONDAY 8-Dec OFF/X-TRN	TUESDAY 9-Dec 30 MIN RUN	WEDNESDAY 10-Dec OFF/X-TRN	THURSDAY 11-Dec 30 MIN RUN	FRIDAY 12-Dec OFF/X-TRN	SATURDAY 13-Dec 17 MILES
25	SUNDAY 14-Dec REST	MONDAY 15-Dec OFF/X-TRN	TUESDAY 16-Dec 30 MIN RUN	WEDNESDAY 17-Dec OFF/X-TRN	THURSDAY 18-Dec 30 MIN RUN	FRIDAY 19-Dec 20 MIN RUN	SATURDAY 20-Dec 5 MILES
26	SUNDAY 21-Dec REST	MONDAY 22-Dec OFF/X-TRN	TUESDAY 23-Dec 30 MIN RUN	WEDNESDAY 24-Dec OFF/X-TRN	THURSDAY 25-Dec 30 MIN RUN	FRIDAY 26-Dec OFF/X-TRN	SATURDAY 27-Dec 6 MILES
27	SUNDAY 28-Dec REST	MONDAY 29-Dec OFF/X-TRN	TUESDAY 30-Dec 30 MIN RUN	WEDNESDAY 31-Dec OFF/X-TRN	THURSDAY 1-Jan 30 MIN RUN	FRIDAY 2-Jan OFF/X-TRN	SATURDAY 3-Jan 20 MILES
28	SUNDAY 4-Jan REST	MONDAY 5-Jan OFF/X-TRN	TUESDAY 6-Jan 30 MIN RUN	WEDNESDAY 7-Jan OFF/X-TRN	THURSDAY 8-Jan 30 MIN RUN	FRIDAY 9-Jan OFF/X-TRN	SATURDAY 10-Jan 6 MILES
29	SUNDAY 11-Jan REST	MONDAY 12-Jan OFF/X-TRN	TUESDAY 13-Jan 30 MIN RUN	WEDNESDAY 14-Jan OFF/X-TRN	THURSDAY 15-Jan 30 MIN RUN	FRIDAY 16-Jan OFF/X-TRN	SATURDAY 17-Jan 6 MILES
30	SUNDAY 18-Jan REST	MONDAY 19-Jan OFF/X-TRN	TUESDAY 20-Jan 30 MIN RUN	WEDNESDAY 21-Jan OFF/X-TRN	THURSDAY 22-Jan 30 MIN RUN	FRIDAY 23-Jan 20 MIN RUN	SATURDAY 24-Jan 23 MILES

31	SUNDAY 25-Jan REST	MONDAY 26-Jan OFF/X-TRN	TUESDAY 27-Jan 30 MIN RUN	WEDNESDAY 28-Jan OFF/X-TRN	THURSDAY 29-Jan 30 MIN RUN	FRIDAY 30-Jan OFF/X-TRN	SATURDAY 31-Jan 6 MILES
32	SUNDAY 1-Feb REST	MONDAY 2-Feb OFF/X-TRN	TUESDAY 3-Feb 30 MIN RUN	WEDNESDAY 4-Feb OFF/X-TRN	THURSDAY 5-Feb 30 MIN RUN	FRIDAY 6-Feb OFF/X-TRN	SATURDAY 7-Feb 7 MILES
33	SUNDAY 8-Feb REST	MONDAY 9-Feb OFF/X-TRN	TUESDAY 10-Feb 30 MIN RUN	WEDNESDAY 11-Feb OFF/X-TRN	THURSDAY 12-Feb 30 MIN RUN	FRIDAY 13-Feb OFF/X-TRN	SATURDAY 14-Feb 24 MILES
34	SUNDAY 15-Feb REST	MONDAY 16-Feb OFF/X-TRN	TUESDAY 17-Feb 30 MIN RUN	WEDNESDAY 18-Feb OFF/X-TRN	THURSDAY 19-Feb 30 MIN RUN	FRIDAY 20-Feb OFF/X-TRN	SATURDAY 21-Feb 7 MILES
35	SUNDAY 22-Feb REST	MONDAY 23-Feb OFF/X-TRN	TUESDAY 24-Feb 30 MIN RUN	WEDNESDAY 25-Feb OFF/X-TRN	THURSDAY 26-Feb 30 MIN RUN	FRIDAY 27-Feb OFF/X-TRN	SATURDAY 28-Feb 6 MILES
36	SUNDAY 1-Mar REST	MONDAY 2-Mar OFF/X-TRN	TUESDAY 3-Mar 30 MIN RUN	WEDNESDAY 4-Mar OFF/X-TRN	THURSDAY 5-Mar 30 MIN RUN	FRIDAY 6-Mar OFF/X-TRN	SATURDAY 7-Mar 7 MILES
37	SUNDAY 8-Mar REST	MONDAY 9-Mar OFF/X-TRN	TUESDAY 10-Mar 30 MIN RUN	WEDNESDAY 11-Mar OFF/X-TRN	THURSDAY 12-Mar 30 MIN RUN	FRIDAY 13-Mar 20 MIN RUN	SATURDAY 14-Mar REST
38	SUNDAY 15-Mar LA MARATHON	MONDAY 16-Mar OFF/X-TRN	TUESDAY 17-Mar 30 MIN RUN	WEDNESDAY 18-Mar OFF/X-TRN	THURSDAY 19-Mar 30 MIN RUN	FRIDAY 20-Mar 20 MIN RUN	SATURDAY 21-Mar REST
39	SUNDAY 22-Mar REST	MONDAY 23-Mar OFF/X-TRN	TUESDAY 24-Mar 30 MIN RUN	WEDNESDAY 25-Mar OFF/X-TRN	THURSDAY 26-Mar 30 MIN RUN	FRIDAY 27-Mar 20 MIN RUN	SATURDAY 28-Mar 7 MILES
40	SUNDAY 29-Mar REST	MONDAY 30-Mar OFF/X-TRN	TUESDAY 31-Mar 30 MIN RUN	WEDNESDAY 1-Apr OFF/X-TRN	THURSDAY 2-Apr 30 MIN RUN	FRIDAY 3-Apr OFF/X-TRN	SATURDAY 4-Apr 6 MILES