FUREY 26.2
MARATHON TRAINING

# Program 7: Elite

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | Total Milage |
|---|---|---|---|---|---|---|---|---|
| Week 1 - 7/4 | | | | | | 12 | | |
| Week 2 - 7/11 | | | | | | 10-12 | | |
| Week 3 - 7/18 | | | | | | 12-14 | | |
| Week 4 - 7/25 | | | | | | 12 | | |
| Week 5 - 8/1 | | | | | | 14 | | |
| Week 6 - 8/8 | | | | | | 16 | | |
| Week 7 - 8/15 | | | | | | 12 | | |
| Week 8 - 8/22 | | | | | | 16-18 | | |
| Week 9 - 8/29 | | | | | | 12-14 | | |
| Week 10 - 9/5 | | | | | | 18-20 | | |
| Week 11 - 9/12 | | | | | | 12-14 | | |
| Week 12 - 9/19 | | | | | | 20+ | | |
| Week 13 - 9/26 | | | | | | 12 | | |
| Week 14 - 10/3 | | | | | | 22 | | |
| Week 15 - 10/10 | | | | | | 14-16 | | |
| Week 16 - 10/17 | | | | | | 10-12 | | |
| Week 17 - 10/24 | | | | | 7 | 8 - 10 | | |
| Week 18 - 10/31 | | | | | 3-4 | 2-3 | RACE DAY | |