Start training now for the OC Marathon

*An **intermediate** running program*

Check with your health-care provider before beginning any new exercise program.

WEEK	DATE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL
1	July 30 - Aug. 5	3 mile run	4 mile run	3 mile run	0 mile run	3 mile run	6 mile run	0 mile run	**19 miles**
2	Aug. 6 - 12	3 mile run	5 mile run	3 mile run	0 mile run	3 mile run	7 mile run	0 mile run	**21 miles**
3	Aug. 13 - 19	3 mile run	6 mile run	3 mile run	0 mile run	4 mile run	8 mile run	0 mile run	**24 miles**
4	Aug. 20 - 26	4 mile run	6 mile run	3 mile run	0 mile run	3 mile run	9 mile run	0 mile run	**25 miles**
5	Aug. 27 - Sept. 2	5 mile run	6 mile run	4 mile run	0 mile run	3 mile run	10 mile run	0 mile run	**28 miles**
6	Sept. 3 - 9	4 mile run	7 mile run	4 mile run	0 mile run	3 mile run	11 mile run	0 mile run	**29 miles**
7	Sept. 10 - 16	4 mile run	6 mile run	4 mile run	0 mile run	3 mile run	12 mile run	0 mile run	**29 miles**
8	Sept. 17 - 23	4 mile run	8 mile run	4 mile run	0 mile run	3 mile run	13 mile run	0 mile run	**32 miles**
9	Sept. 24 - 30	4 mile run	7 mile run	5 mile run	0 mile run	4 mile run	14 mile run	0 mile run	**34 miles**
10	Oct. 1 - 7	5 mile run	9 mile run	4 mile run	0 mile run	4 mile run	13 mile run	0 mile run	**35 miles**
11	Oct. 8 - 14	5 mile run	8 mile run	4 mile run	3 mile run	4 mile run	15 mile run	0 mile run	**39 miles**
12	Oct. 15 - 21	5 mile run	10 mile run	4 mile run	0 mile run	4 mile run	12 mile run	0 mile run	**35 miles**
13	Oct. 22 - 28	5 mile run	8 mile run	5 mile run	3 mile run	5 mile run	16 mile run	0 mile run	**42 miles**
14	Oct. 29 - Nov. 4	4 mile run	10 mile run	4 mile run	0 mile run	4 mile run	17 mile run	0 mile run	**39 miles**
15	Nov. 5 - 11	6 mile run	10 mile run	3 mile run	5 mile run	4 mile run	15 mile run	0 mile run	**43 miles**
16	Nov. 12 - 18	4 mile run	8 mile run	5 mile run	0 mile run	4 mile run	12 mile run	0 mile run	**33 miles**
17	Nov. 19 - 25	5 mile run	10 mile run	4 mile run	5 mile run	4 mile run	18 mile run	0 mile run	**46 miles**
18	Nov. 26 - Dec. 2	8 mile run	4 mile run	7 mile run	0 mile run	4 mile run	20 mile run	0 mile run	**43 miles**
19	Dec. 3 - 9	7 mile run	5 mile run	6 mile run	9 mile run	3 mile run	14 mile run	0 mile run	**44 miles**
20	Dec. 10 - 16	10 mile run	4 mile run	6 mile run	0 mile run	3 mile run	20 mile run	0 mile run	**43 miles**
21	Dec. 17 - 23	4 mile run	5 mile run	4 mile run	8 mile run	3 mile run	16 mile run	0 mile run	**40 miles**
22	Dec. 24 - 30	5 mile run	8 mile run	3 mile run	0 mile run	4 mile run	12 mile run	0 mile run	**32 miles**
23	Dec. 31 - Jan.6	6 mile run	4 mile run	0 mile run	5 mile run	2 mile run	0 mile run	**26.2 RACE DAY** OC MARATHON	

Developed by Team Nutrilite Coach and Boston Marathon Winner Greg Meyer

This training program is designed for the runner who can comfortably run distances from 3 to 6 miles, trains 3-5 days a week, and averages 10-20 miles per week. It is possible to run the marathon with less of a training base, but the higher your level of fitness, the easier this program will be. See you at the finish line!

NUTRILITE®