



2011 Fall Marathon Training Long Run Mileage Summary

Date	Start Location	Beginner Half	Advanced Half	Beginner Full	Intermediate Full	Advanced Full	Running Events
18-Jun	VP	3	5	5	7	7	
25-Jun	VP	4	6	6	8	8	Mohawk 5k (Fri)
2-Jul	VP	4	7	7	9	9	Midnight Madness 50 mile
9-Jul	EXPO	5	5	5	5	5	Poker Run
16-Jul	EXPO	5	8	8	10	10	Dillon Run for Children
23-Jul	EXPO	6	9	9	12	12	Reckless Redneck 1 mile (Fri)
30-Jul	VP	6	6	6	8	8	Bedlam Run
6-Aug	VP	7	9	10	12	14	
13-Aug	VP	7	7	7	7	16	Trailblazer 5k (Fri)
20-Aug	VP	8	10	12	14	10	Mud Run
27-Aug	VP	6	6	6	6	16	Alzheimers Run 5k
3-Sep	VP	9	11	14	16	18	Run to the Son 5k (Mon)
10-Sep	VP	6	6	7	7	12	Rt 66 CPA Run; Turkey & Tatars (Sun)
17-Sep	VP	10	12	16	18	18	Race for the Cure; Ladies First 5k (night)
24-Sep	VP	7	8	8	9	20	Warrior Dash
1-Oct	JENKS	11	13	18	20	13	Zoo Run
8-Oct	JENKS	8	8	9	10	20	River Rush
15-Oct	JENKS	12	14	20	22	22	Pumpkin Holler Hunnerd ; Rt 66 1/4 mar.
22-Oct	VP	8	8	10	12	16	Red Ribbon Run
29-Oct	no training	10	10	10	10	10	Tulsa Run
5-Nov	VP	13	15	22	22	22	Mock Marathon
12-Nov	VP	4	6	8	8	10	Dickenson Prediction 5k/qtr mar
19-Nov	no training	0	0	0	0	0	Route 66 Marathon is on November 20