

2022 Carlsbad Marathon Training Schedule

Week	Starting Date	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1	9/11/21	8 miles	30 min easy	cross train	40 min easy	cross train	40 min easy	off
2	9/18/21	9 miles	30 min easy	cross train	40 min easy	cross train	40 min easy	off
3	9/25/21	10 miles	30 min easy	cross train	45 min easy	cross train	45 min hills	off
4	10/2/21	10 miles	30 min easy	cross train	50 min easy	cross train	45 min hills	off
5	10/9/21	12 miles	35 min easy	cross train	50 min with 30 min tempo	cross train	50 min hills	off
6	10/16/21	12 miles	35 min easy	cross train	50 min with 30 min tempo	cross train	50 min hills	off
7	10/23/21	14 miles	35 min easy	cross train	55 min with 35 min tempo	cross train	55 min hills	off
8	10/30/21	12 miles	35 min easy	cross train	55 min with 35 min tempo	cross train	55 min hills	off
9	11/6/21	16 miles	40 min easy	cross train	60 min easy	cross train	55 min hills	off
10	11/13/21	12 miles	40 min easy	cross train	60 min with 40 min tempo	cross train	60 min hills	off
11	11/20/21	18 miles	40 min easy	cross train	60 min easy	cross train	60 min hills	off
12	11/27/21	12 miles	40 min easy	cross train	60 min with 40 min tempo	cross train	60 min hills	off
13	12/4/21	20 miles	40 min easy	cross train	60 min easy	cross train	65 min hills	off
14	12/11/21	12 miles	45 min easy	cross train	65 min with 45 min tempo	cross train	65 min hills	off
15	12/18/21	20 miles	45 min easy	cross train	60 min easy	cross train	65 min hills	off
16	12/25/21	12 miles	45 min easy	cross train	70 min with 50 min tempo	cross train	70 min hills	off
17	1/1/22	16 miles	45 min easy	cross train	60 min easy	cross train	70 min hills	off
18	1/8/22	8 miles	40 min easy	cross train	40 min easy	cross train	30 min easy	20 min easy walk
19	1/15/22	off	Carlsbad Marathon	20 min easy walk	30 min easy	cross train	40 min easy	off