



# Teens Run Salt Lake City Marathon Training Schedule and Log



2024/2025

Week	Date	Weekday Runs (Miles)	Total Weekday Milage	Mon	Tues	Wed	Thurs	Fri	Weekend Milage	Total Weekend Milage	Total Week Milage
		Goal	Goal	Miles Run	Miles Run	Miles Run	Miles Run	Miles Run	Goal	Miles Run	Miles Run
1	14-Oct	1-3	6						3		
2	21-Oct	2-4	8						4		
3	28-Oct	2-4	8						4		
4	4-Nov	2-4	8						5		
5	11-Nov	2-4	8						6		
6	18-Nov	3-5	10						7		
7	25-Nov	3-5	10						6.2		
8	2-Dec	3-5	10						8		
9	9-Dec	4-6	12						10		
10	16-Dec	4-6	12						10		
11	23-Dec	4-6	12						8		
12	30-Dec	4-6	12						12		
13	6-Jan	4-7	14						12		
14	13-Jan	4-7	14						13		
15	20-Jan	4-7	14						13		
16	27-Jan	4-7	14						14		
17	3-Feb	4-8	16						15		
18	10-Feb	4-8	16						16		
19	17-Feb	4-8	16						13		
20	24-Feb	4-8	16						13		
21	3-Mar	4-8	16						11		
22	10-Mar	4-8	16						17		
23	17-Mar	4-8	16						15		
24	24-Mar	4-8	16						19		
25	31-Mar	4-8	16						16		
26	7-Apr	4-8	16						22		
27	14-Apr	3-5	10						6		
Race	21-Apr	2-4	8						26.2		