

MINNEAPOLIS MARATHON MILEAGE CHART

Week	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1 (2/8-2/14)		3 Rest	3	3	Rest	4	Rest	13
2 (2/15-2/21)		3 Rest	4	3	Rest	5	Rest	15
3 (2/22-2/28)		3 Rest	4	3	Rest	6	Rest	16
4 (3/1-3/7)		3 Rest	4	3	Rest	7	Rest	17
5 (3/8-3/14)		3 Rest	5	3	Rest	8	Rest	19
6 (3/15-3/21)		3 Rest	5	3	Rest	10	Rest	21
7 (3/22-3/28)		4 Rest	5	4	Rest	11	Rest	24
8 (3/29-4/4)		4 Rest	6	4	Rest	12	Rest	26
9 (4/5-4/11)		4 Rest	6	4	Rest	14	Rest	28
10 (4/12-4/18)		4 Rest	7	4	Rest	16	Rest	31
11 (4/19-4/25)		5 Rest	8	5	Rest	16	Rest	34
12 (4/26-5/2)		5 Rest	8	5	Rest	16	Rest	34
13 (5/3-5/9)		5 Rest	8	5	Rest	18	Rest	36
14 (5/10-5/16)		5 Rest	8	5	Rest	18	Rest	36
15 (5/17-5/23)		5 Rest	8	5	Rest	9	Rest	27
16 (5/24-5/30)		3 Rest	5	3	Rest	8	Rest	19
17 (5/31-6/6)		3 Rest	3	3	Rest	Walk3	26.2	35.2