

**Ventura Marathon
Training Schedule
2014**

Week	Week of	Day 1	Day 2	Day 3	Day 4	Long	Weekly Milage
1	5/5/2014	3.00	5.00	5.00	5.00	5.00	23.00
2	5/12/2014	3.00	5.00	5.00	5.00	10.00	28.00
3	5/19/2014	3.00	5.00	5.00	5.00	5.00	23.00
4	5/26/2014	10.00	3.00	5.00	5.00	10.00	33.00
5	6/2/2014	3.00	5.00	5.00	5.00	5.00	23.00
6	6/9/2014	4.00	4.00	4.00	4.00	10.00	26.00
7	6/16/2014	4.00	4.00	4.00	4.00	10.00	26.00
8	6/23/2014	3.00	5.00	5.00	5.00	10.00	28.00
9	6/30/2014	3.00	5.00	5.00	5.00	5.00	23.00
10	7/7/2014	3.00	5.00	5.00	5.00	5.00	23.00
11	7/14/2014	12.00	12.00	12.00	12.00	20.00	68.00
12	7/21/2014	3.00	5.00	5.00	5.00	13.10	31.10
13	7/28/2014	3.00	5.00	5.00	5.00	15.00	33.00
14	8/4/2014	3.00	5.00	5.00	5.00	6.00	24.00
15	8/11/2014	3.00	5.00	5.00	5.00	10.00	28.00
16	8/18/2014	5.00	5.00	5.00	3.00	20.00	38.00
17	8/25/2014	3.00	3.00	5.00	5.00	10.00	26.00
18	9/1/2014	5.00	3.00	3.00	0.00	26.20	37.20
						Total Miles	541.30

 **Event**

 **Hike X Train**

 **Hill Training**

 **Trail Run**

MAY 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 3.0 Facey 630a	6 5.0 Facey 630a	7 5.0 Facey 630a	8 5.0 Facey 630a	9	10 (23) 5.0 Facey 800a
11	12 3.0 Facey 630a	13 5.0 Facey 630a	14 5.0 Facey 630a	15 5.0 Facey 630a	16	17 (28) 10.0 Lowes 800a
18	19 3.0 Facey 630a	20 5.0 Facey 630a	21 5.0 Facey 630a	22 5.0 Facey 630a	23	24 (23) 5.0 Facey 800a
25	26 10.0 Lowes 800a	27 3.0 Facey 630a	28 5.0 Facey 630a	29 5.0 Facey 630a	30	31 (33) 10.0 Facey 800a

JUNE 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	5 3.0 Facey 630a	6 5.0 Facey 630a	7 5.0 Facey 630a	8 5.0 Facey 630a	9	10 (23) 5.0 Facey 800a
8	9 4.0 Hike 800a	10 4.0 Hike 800a	11 4.0 Hike 800a	12 4.0 Hike 800a	13	14 (26) 10.0 Lowes 800a
15	16	17 4.0 Hike 800a	18 4.0 Hike 800a	19 4.0 Hike 800a	20 4.0 Hike 800a	21 (22) 10.0 Facey 800a
22	23 3.0 Facey 630a	24 5.0 Facey 630a	25 5.0 Facey 630a	26 5.0 Facey 630a	27	28 (28) 10.0 Backpacking 800a
29	30 3.0 Facey 630a					

JULY 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 5.0 Facey 630a	2 5.0 Facey 630a	3 5.0 Facey 630a	4	5 (23) 5.0 Towsley 800a
6	7 3.0 Facey 630a	8 5.0 Facey 630a	9 5.0 Facey 630a	10 5.0 Facey 630a	11	12 (23) 5.0 Facey 800a
13	14 12.0 Backpacking 800a	15 12.0 Backpacking 800a	16 12.0 Backpacking 800a	17 12.0 Backpacking 800a	18	19 (68) 20.0 Backpacking 800a
20	21 3.0 Facey 630a	22 5.0 Facey 630a	23 5.0 Facey 630a	24 5.0 Facey 630a	25	26 (31.1) 13.1 SF 1/2 Marathn 700a
27	28 3.0 Facey 630a	29 5.0 Facey 630a	30 5.0 Facey 630a	31 5.0 Facey 630a		

AUGUST 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 (33) 15.0 Chesboro Trail Run
3	4 3.0 Facey 630a	5 5.0 Facey 630a	6 5.0 Facey 630a	7 5.0 Facey 630a	8	9 (23) 5.0 Camping Hike 1000a
10	11 3.0 Facey 630a	12 5.0 Facey 630a	13 5.0 Facey 630a	14 5.0 Facey 630a	15	16 (28) 10.0 Facey 800a
17	18 5.0 Facey 630a	19 5.0 Facey 630a	20 5.0 Facey 630a	21 3.0 Facey 630a	22	23 (38) 20.00 Facey 600a
24	25 3.0 Facey 630a	26 3.0 Facey 630a	27 5.0 Facey 630a	28 5.0 Facey 630a	29	30 (26) 10.0 Lowes 800a
31						



Ventura Marathon
2014

SEPTEMBER 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 5.0 Facey 630a	2 3.0 Facey 630a	3 3.0 Facey 630a	4	5	6 (11)
7 26.2 Marathon 700a	8	9	10	11	12	13 (26.2)
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				