

MARATHON IN A MONTH-BEGINNER'S PLAN

Marathon in a Month – Beginner training plan for running or walking								
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	TOTAL
Sunday August 4 to Saturday August 10	1 km	off	1 km	2 km	off	2 km	off	6 km
Sunday August 11 to Saturday August 17	2 km	3 km	off	1 km	2 km	3 km	off	11 km
Sunday August 18 to Saturday August 24	2 km	3 km	4 km	off	2 km	5 km	off	16 km
Sunday August 25 to Saturday August 31	1 km	2 km	off	1 km + 200 m	off	5 km	off	9.2 km
								<b>42.2 km</b>
<b>References to measure distance/routes</b>			Facebook group: <a href="https://www.facebook.com/groups/marathoninamonth">https://www.facebook.com/groups/marathoninamonth</a>					
WEBSITE - <a href="http://www.mapmyrun.com">http://www.mapmyrun.com</a>			Questions? Email Diane at <a href="mailto:atpeople@niagarafallsmarathon.com">atpeople@niagarafallsmarathon.com</a>					
APP- RunGo			Website: <a href="https://niagarafallsmarathon.com/marathon-in-a-month/">https://niagarafallsmarathon.com/marathon-in-a-month/</a>					
WATCH – Garmin			<b>YOU CAN DO THIS!!! WE BELIEVE IN YOU!</b>					
<b>RECORD YOUR MILEAGE</b>								
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	TOTAL
Sunday August 4 to Saturday August 10								
Sunday August 11 to Saturday August 17								
Sunday August 18 to Saturday August 24								
Sunday August 25 to Saturday August 31								

Please submit this form with your mileage to Diane at [people@niagarafallsmarathon.com](mailto:people@niagarafallsmarathon.com) between August 31<sup>st</sup> and September 4<sup>th</sup>