

Rajkot Night Marathon

Training Schedule

6th March to 12th March

	For Half Marathone	For 10Kms Dream Run
Monday	Rest Day	Rest Day
Tuesday	6 Kms of easy run	easy run of 3 Kms
Wednesday	9 Kms of easy run	easy run of 5 Kms
Thursday	Strength Training	Strength Training
Friday	6 Kms of easy run	easy run of 4 Kms
Saturday	Cross training activity like Cycling, Swimming etc	Cross training activity like Cycling, Swimming etc
Sunday	Easy long run of 15 Kms	Easy long run of 7 Kms

13th March to 19th March

	For Half Marathone	For 10Kms Dream Run
Monday	Rest Day	Rest Day
Tuesday	6 Kms of easy run	easy run of 3 Kms
Wednesday	8 Kms of easy run	easy run of 5 Kms
Thursday	Strength Training	Strength Training
Friday	7 Kms of easy run	easy run of 5 Kms
Saturday	Cross training activity like Cycling, Swimming etc	Cross training activity like Cycling, Swimming etc
Sunday	Easy long run of 12 Kms	Easy long run of 6 Kms

20th March to 25th March

	For Half Marathone	For 10Kms Dream Run
Monday	Rest Day	Rest Day
Tuesday	5 Kms of easy run	easy run of 3 Kms
Wednesday	7 Kms of easy run	easy run of 4 Kms
Thursday	7 Kms of easy run	easy run of 4 Kms
Friday	Rest Day	Rest Day
Saturday	Medal Day	Medal Day

#Long Run can be done on Saturday night

#Long Run can be done with Run\Walk\Run strategy

#RajkotRunners

@Endurunfit #CoachJigs