

Marathon Training					
Week #	Mileage	Date	Activity	Place	Time
18	12	July 20/21	Richards Loop	Shawnee	6 a.m.
17	4/ 8.6	July 28/29	Bill Kile 4 Miler/ road trip hills	Sunday Road Trip: Ridley Creek/ Carpool from Friendly's (Rt.70/73)	9 a.m./ 6 a.m.
16	12	Aug. 4/5	Long run	Double Tanski	6:30 a.m.
15	10/ 16	Aug. 11/12	Beach/ Long run	Sea Isle 10 Miler/or Valley Green	5:30 p.m./ 8:30 a.m.
14	12	Aug. 18/19	Long run	Sunday Road Trip: Ridley Creek/ Carpool from Friendly's (Rt. 70/73)	6 a.m.
13	3.1 and/or 18	Aug. 25/26	Race/ Long run	Stone Harbor 5K/ Brynko Loop	8:30 a.m./ 6 a.m.
12	8.4 or 16.8	Sept. 1/2	Road trip	Boathouse Row (one or two loops); carpool from Friendly's	6:15 a.m.
11	20	Sept. 8/9	'Beat me with a stick' long run	D&R Canal	6 a.m.
10	13.1	Sept. 15/16	PDR/ Local long run	Philly/ Carpool from Friendly's (Rt. 70/73)/ Richards + Tanski	6 a.m.
9	22	Sept. 22/23	Long run/ road trip	Salt Water Taffy 22 in Cape May	6 a.m.
8	13.1 or 16	Sept. 29/30	Race/ road trip	Inaugural Joint Base Race/ Frenchtown/D&R Canal	8:30/ 6:30 a.m.
7	10-18	Oct. 6/7	Race/ long run	Army 10Miler and/or Richards + Tanski Loop	8:30/ 7 a.m.
6	16 (26.2)	Oct. 13/14	Long run	Valley Green (ATLANTIC CITY MARATHON)	7 a.m.
5	9 (26.2)	Oct. 20/21	Long run	Richards Loop (BREAKERS (RI) MARATHON)	8:30 a.m.
4	8	Oct. 27/28	Local long run	Brynko Loop+	8 a.m.
3	10	Nov. 3/4	Race/Local Taper	(Ben Franklin Bridge 10K)/ Richards Loop	9 a.m.
2	8	Nov. 10/11	Taper	Shawnee	7 a.m.

1	26.2/13.1/8K	Nov. 17/18	Good luck!	Philly MARATHON	8:30 a.m.
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Note: Road trips and long runs are subject to change. Please consult the Yahoo Board for updates during the week before the runs.
For any questions, call Barb at 609-828-3233 or email at bbrynko@aol.com.