

2022 MARATHON TRAINING MILEAGE SCHEDULE AND ROUTES

Week	Sunday Long Run				Route
	Date	Novice	Intermediate	Advanced	
1	6/12/2022	6	8	10	West from Gazebo to Zero and Back
2	6/19/2021	7	9	11	West from Gazebo to Zero and Back
3	6/26/2021	5	6	8	West from Gazebo to Zero and Back
4	7/3/2021	9	11	13	No formal Hydration due to the holiday - bring your own Hydration
5	7/10/2021	10	12	14	East from Gazebo to Main Street, to VP and Back to Gazebo
6	7/17/2021	7	9	10	West from Gazebo to Zero and Back
7	7/24/2021	12	14	16	West from the Gazebo to Zero to Weisbrook and Back, east to Main street and west Back to Gazebo
8	7/31/2021	13	15	17	East from Gazebo to Main and VP then Back west to the Zero and back east to Gazebo
9	8/7/2021	10	11	12	West from Gazebo to Zero to County Farm & Back
10	8/14/2021	15	17	19	West from Gazebo to Zero to Weisbrook to Zero to County Farm to Zero and Back
11	8/21/2021	16	18	20	West from Gazebo to Zero, to Weisbrook back to Zero, east to Gazebo, east to Main Street and west Back
12	8/28/2021	12	13	12	East from Gazebo to Main, to VP, then west to Gazebo
13	9/4/2021	18	20	21	East from Gazebo to Main, to VP, then west to Zero, to Weisbrook and east back to Gazebo
14	9/11/2021	14	12	12	West from Gazebo to Zero, to County Farm and Back east to Gazebo
15	9/18/2021	20	21	22	East from Gazebo to Main to VP, west back to Gazebo, west to zero, west to County Farm and east back to Gazebo
16	9/25/2021	12	12	12	East from Gazebo to Main, to VP and back west to Gazebo
17	10/2/2021	8	8	8	West from Gazebo to Zero and back east to Gazebo
18	9-Oct		Chicago		MARATHON