



Wake-Up-Running with Team EKF ~ Training Guidelines 2010 Quad City Marathon ~ September 26, 2010

Event	Final Distance	Starting Distance	Program Length	Start Date
Marathon	26.2 Miles	2 Miles	24 Weeks	April 12
Half Marathon	13.1 Miles	3 Miles	12 Weeks	July 5
Marathon Relay				
1st Leg	7.3 Miles	2 Miles	10 Weeks *	July 19
2nd Leg	5.1 Miles	2 Miles	8 Weeks *	August 2
3rd Leg	6.2 Miles	2 Miles	8 Weeks	August 2
4th Leg	3.2 Miles	2 Miles	6 Weeks	August 16
Last Leg	4.4 Miles	2 Miles	7 Weeks *	August 9
5K	3.1 Miles	2 Miles	6 Weeks	August 16
Beginning Running Plan	2 Miles	<u>Non-runner</u>	8 Weeks	August 2

* Modified training plan for extended distance