DWRT 2011 NYC Marathon Training Calendar: Weekend Events

July 11

NYC Marathon Training Week	M	T	W	T	F	S	S
	◯ = Team Points Race					1	2
	99 = Whippets Event						
01	4	5	6	7	8	**9**	10
02	11	12	13	14	15	***16***	17
03	18	19	20	21	22	23	24
04	25	26	27	28	29	30	31

August 11

	M	T	W	T	F	S	S
05	1	2	3	4	5	***6***	7
06	8	9	10	11	12	**13**	14
07	15	16	17	18	19	**20**	21
08	22	23	24	25	26	***27***	28
09	29	30	31				

September 11

	M	T	W	T	F	S	S
09				1	2	**3**	4
10	5	6	7	8	9	10	**11**
11	12	13	14	15	16	17	**18**
12	19	20	21	22	23	***24***	25
13	26	27	28	29	30		

October 11

	M	T	W	T	F	S	S
13						***1***	2
14	3	4	5	6	7	8	9
15	10	11	12	13	14	15	**16**
16	17	18	19	20	21	**22**	23
17	24	25	26	27	28	29	30

November 11

	M	T	W	T	F	S	S
18	31	1	2	3	4	5	***6***
	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30				

Special Running Events
LTR=NYRR Long Training Run
Black Bold=Important NYRR-Hosted Event
Red Bold=DWRT-Hosted Event

Each Week's Long Run Miles
HM=Half Marathon
PR=Progression Run
SP=Speed Play

Special Event: Saturday	Special Event: Sunday	Non-Marathon Plan	Beginner Plan	Intermed Plan	Advanced Plan
Gov's I. Run, NYRR 10K	None*	8-14SP	8	8	10
Points Race (4M)	None*	none	10	10	12
NYRR LTR #1 (6-20M)	None*	9-14PR	12	12PR	14PR
Queens HM Race	None*	10-15	12	12	12

Special Event: Saturday	Special Event: Sunday	Non-Marathon Plan	Beginner Plan	Intermed Plan	Advanced Plan
Points Race (5M)	None*	none	10	14	15
Summer Streets	None*	10-15PR	14	15PR	16PR
Summer Streets	**NYRR LTR #2 (6-20M)**	10-14	16	16	18
Points Race (5K)	Bronx HM, NYRR XC 4M	none	12	14	14

Special Event: Saturday	Special Event: Sunday	Non-Marathon Plan	Beginner Plan	Intermed Plan	Advanced Plan
Bridge Run (15-18M)**	None*	10-15PR	16	18PR	20PR
None*	**Croton Aqueduct (12-14M)**	11-15	12	14	14
NYRR 4M Race	**Metric Marathon (16M)**	12-16PR	17	18	20
Points Race (1M)	**NYRR 18M Tune-up**	8-12	18	18PR	18PR

Special Event: Saturday	Special Event: Sunday	Non-Marathon Plan	Beginner Plan	Intermed Plan	Advanced Plan
Points Race (HM)	NYRR XC 5K	HM	HM	HM	HM
None*	**Staten Island HM**	8-12	HM+2	HM+4	HM+6
None*	**Marathon Preview (20M)**	9-14	20	20	21
Last Half Preview (13M)**	NYRR XC 5K	10-15	13	15	15
NYRR 5M Race	None*	10-15	6	8	8

Special Event: Saturday	Special Event: Sunday
None	**NYC Marathon**

** Dates with "None" have no special events, but we will have our usual team training runs in Manhattan, Brooklyn and Queens on most Saturdays and Sundays this year.*

*** Bridge Run and Last Half Preview dates are not confirmed.*