



Missoula Galloway Training Program 2012 ("to Finish")

Week	Sun	Marathon	Half	Mon	Tues	Wed	Thurs	Fri	Sat	Week
1	22-Jan	3 miles	1 mile	off/XT	30 min r/w	off/XT	30 min r/w	easy walk	off	1
2	29-Jan	4 miles	2 miles	off/XT	30 min r/w	off/XT	30 min r/w	easy walk	off	2
3	5-Feb	5.5 miles	2 miles	off/XT	30 min r/w	off/XT	30 min r/w	easy walk	off	3
4	12-Feb	3 miles	2.5 miles	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	4
5	19-Feb	7.5 miles	2 miles	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	5
6	26-Feb	3 miles w/MM	3 miles w/MM	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	6
7	4-Mar	10 miles	2 miles	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	7
8	11-Mar	3 miles	4 miles	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	8
9	18-Mar	12.5 miles	3 miles	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	9
10	25-Mar	4 miles w/MM	4 miles w/MM	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	10
11	1-Apr	15 miles	5 miles	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	11
12	8-Apr	4 miles	6 miles	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	12
13	15-Apr	17.5 miles	3 miles	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	13
14	22-Apr	4 miles w/MM	8 miles	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	14
15	29-Apr	20 miles	3 miles w/MM	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	15
16	6-May	5 miles	9.5 miles	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	16
17	13-May	5 miles	3 miles	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	17
18	20-May	23 miles	3 miles	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	18
19	27-May	6 miles	11 miles	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	19
20	3-Jun	6 miles	3 miles	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	20
21	10-Jun	26 miles	12.5 miles	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	21
22	17-Jun	3 miles	3 miles	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	22
23	24-Jun	6 miles	14 miles	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	23
24	1-Jul	6 miles	3 miles	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	24
25	8-Jul	Marathon	Half-Marathon	off/XT	30 min r/w	off/XT	30 min r/w	easy walk	off	25

For more information, contact Program Co-directors
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