

3

Baylor Scott & White BCS Marathon Training Plan 2023

August 2023							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	Start	hydrating	more of	en!			
		1	2	3	4	5	
6	7 REST	8 2 MILES	9 3 MILES	10 2 MILES	11 REST	12 6 MILES	
13 CROSS TRAIN	14 REST	15 3 MILES	16 3 MILES	17 3 MILES	18 REST	19 7 MILES	
20 CROSS TRAIN	21 REST	3 MILES	4 MILES	3 MILES	25 REST	26 5 MILES	
27 CROSS TRAIN	28 REST	29 3 MILES	30 4 MILES	31 3 MILES			



Baylor Scott & White BCS Marathon Training Plan 2023

	September 2023						
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		STA	y stron	G! YOU'	VE GOT	THIS!	
4						1 REST	3 9 MILES
	3	4	5	6	7	8	9
5	CROSS TRAIN	REST Labor Day	3 MILES	5 MILES	3 MILES	REST	10 MILES
	10	11	12	13	14	15	16
6	CROSS TRAIN	REST	3 MILES	5 MILES	3 MILES	REST	7 MILES
	17	18	19	20	21	22	23
7	CROSS TRAIN	REST	3 MILES	6 MILES	3 MILES	REST	12 MILES
8	24CROSS TRAIN	25 REST	26 3 MILES	27 6 MILES	28 3 MILES	29 REST	30 13 MILES

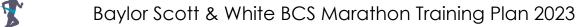


Baylor Scott & White BCS Marathon Training Plan 2023

	October 2023						
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6	7
9	CROSS TRAIN	REST	3 MILES	7 MILES	4 MILES	REST	10 MILES
	8	9	10	11	12	13	14
10	CROSS TRAIN	REST Columbus Day	3 MILES	7 MILES	4 MILES	REST	15 MILES
	15	16	17	18	19	20	21
11	CROSS TRAIN	REST	4 MILES	8 MILES	4 MILES	REST	16 MILES
	BCS OKTOBERFEST Half Marathon & 10K						
	22	23	24	25	26	27	28
12	CROSS TRAIN	REST	4 MILES	8 MILES	5 MILES	REST	12 MILES
	29	30	31				
13	CROSS TRAIN	REST	4 MILES				
			HALLOWEEN				



	November 2023							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			KEEP	PUSHING	;!			
13				9 MILES	2 5 MILES	3 REST	4 18 MILES	
	5	6	7	8	9	10	11	
14	CROSS TRAIN	REST	5 MILES	9 MILES VETERANS DAY	5 MILES	REST	14 MILES	
	12	13	14	15	16	17	18	
15	CROSS TRAIN	REST	5 MILES	10 MILES	5 MILES	REST	20 MILES	
	19	20	21	22	23 _{4 MILES}	24	25	
16	CROSS TRAIN	REST	5 MILES	8 MILES	THANKSGIVING BCS Turkey Trot 5K	REST	12 MILES	
	26	27	28	29	30			
17	CROSS TRAIN	REST	4 MILES	6 MILES	3 MILES			



Raylon Court White	
BCS MARATHON + half marathon	

December 2023								
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
	WELCO	me to race	MONTH!					
					1	2		
					REST	8 MILES		
3	4	5	6	7	8	9		
CROSS TRAIN	REST	3 MILES RACE	4 MILES WEEK!	2 MILES	REST	REST OR VERY EASY 1 MILE		
10 RACE	11	12	13	14	15	16		
DAY!	major rest!!	CONG	RATULAT	IONS!!!				
17	18	19	20	21	22	23		
24	25 MERRY CHRISTMAS	26	27	28	29	30		