



## Get ready for the *Rattler Run* with the University of Calgary's Marathon Training Team *0-5K Training Program*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Run:Walk (minutes)
<b>Week 1</b>	20	OFF	20	X Train	OFF	25	OFF	1:3
<b>Week 2</b>	20	OFF	20	20	OFF	25	OFF	2:3
<b>Week 3</b>	25	OFF	25	X Train	OFF	30	OFF	2:2
<b>Week 4</b>	25	OFF	OFF	25	OFF	30	OFF	4:1
<b>Week 5</b>	30	OFF	30	X Train	OFF	35	OFF	6:1
<b>Week 6</b>	35	OFF	35	30	OFF	40	OFF	8:1
<b>Week 7</b>	35	OFF	35	X Train	OFF	30	OFF	10:1
<b>Week 8</b>	20	OFF	25	OFF	OFF	<b>RACE</b>	OFF	10:1

The University of Calgary Marathon Training Program is Western Canada's longest running destination marathon training program.

Over 35 years we can boast a 100% success rate on race day!

New for 2017, we are accepting participants outside of Calgary via live webinars and online coaching support.

2017 destination races include Portland, Oregon or Porto, Portugal.



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