

# THE EMERALD CITY

Half & Quarter Marathon



THE ROAD TO EMERALD CITY BEGINS WITH:



OhioHealth

Weeks Remaining	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
18	04/24 Rest	04/25 2	04/26 2	04/27 2	04/28 Rest	04/29 2	04/30 3	11
17	05/01 Rest	05/02 2	05/03 2	05/04 2	05/05 Rest	05/06 2	05/07 4	12
16	05/08 Rest	05/09 2	05/10 2	05/11 2	05/12 Rest	05/13 2	05/14 5	13
15	05/15 Rest	05/16 2	05/17 2	05/18 2	05/19 Rest	05/20 2	05/21 2	10
14	05/22 Rest	05/23 2	05/24 2	05/25 Rest	05/26 2	05/27 Rest	05/28 5	11
13	05/29 Rest	05/30 2	05/31 Rest	06/01 2	06/02 3	06/03 Rest	06/04 6	13
12	06/05 Rest	06/06 3	06/07 Rest	06/08 2	06/09 3	06/10 Rest	06/11 7	15
11	06/12 Rest	06/13 2	06/14 2	06/15 2	06/16 Rest	06/17 2	06/18 3	11
10	06/19 Rest	06/20 2	06/21 2	06/22 Rest	06/23 2	06/24 Rest	06/25 7	13
9	06/26 Rest	06/27 2	06/28 2	06/29 Rest	06/30 2	07/01 Rest	07/02 8	14
8	07/03 Rest	07/04 3	07/05 2	07/06 Rest	07/07 2	07/08 Rest	07/09 9	16
7	07/10 Rest	07/11 3	07/12 3	07/13 Rest	07/14 3	07/15 Rest	07/16 4	13
6	07/17 Rest	07/18 2	07/19 4	07/20 Rest	07/21 4	07/22 Rest	07/23 9	19
5	07/24 Rest	07/25 4	07/26 3	07/27 4	07/28 Rest	07/29 Rest	07/30 10	21
4	07/31 Rest	08/01 3	08/02 4	08/03 Rest	08/04 4	08/05 Rest	08/06 5	16
3	08/07 Rest	08/08 3	08/09 5	08/10 Rest	08/11 4	08/12 Rest	08/13 11	23
2	08/14 Rest	08/15 5	08/16 3	08/17 5	08/18 Rest	08/19 Rest	08/20 12	25
1	08/21 Rest	08/22 3	08/23 Rest	08/24 5	08/25 2	08/26 Rest	08/27 6	16
0	08/28 Rest	08/29 3	08/30 3	08/31 2	09/01 Rest	09/02 2	09/03 2	12
	09/04							13.1

