

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
12	06/05	06/06	06/07	06/08	06/09	06/10	06/11	
	Rest	3	Rest	2	3	Rest	3	11
11	06/12	06/13	06/14	06/15	06/16	06/17	06/18	
	Rest	2	2	2	Rest	2	4	12
10	06/19	06/20	06/21	06/22	06/23	06/24	06/25	
	Rest	2	2	Rest	3	Rest	5	12
9	06/26	06/27	06/28	06/29	06/30	07/01	07/02	
	Rest	4	4	Rest	3	Rest	4	15
8	07/03	07/04	07/05	07/06	07/07	07/08	07/09	
	Rest	4	3	Rest	4	Rest	5	16
7	07/10	07/11	07/12	07/13	07/14	07/15	07/16	
	Rest	4	3	Rest	4	Rest	6	17
6	07/17	07/18	07/19	07/20	07/21	07/22	07/23	
	Rest	5	4	Rest	4	Rest	5	18
5	07/24	07/25	07/26	07/27	07/28	07/29	07/30	
	Rest	5	3	2	Rest	Rest	6	16
4	07/31	08/01	08/02	08/03	08/04	08/05	08/06	
	Rest	5	3	Rest	4	Rest	7	19
3	08/07	08/08	08/09	08/10	08/11	08/12	08/13	
	Rest	6	3	Rest	3	Rest	8	20
2	08/14	08/15	08/16	08/17	08/18	08/19	08/20	
	Rest	6	4	4	Rest	Rest	7	21
1	08/21	08/22	08/23	08/24	08/25	08/26	08/27	
	Rest	5	Rest	5	4	Rest	3	17
0	08/28	08/29	08/30	08/31	09/01	09/02	09/03	
	Rest	5	3	4	Rest	2	Rest	14
	09/04							
	13.1							6.55

