



## Germiston Callies Harriers

Suggested training schedule for runners

### KAAPSEHOOP/SOWETO MARATHON TRAINING PROGRAM 2017

WEEK #	Starting	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL
37	11 Sep 17	0	7	0	7	0	5	18	37
38	18 Sep 17	0	7	0	7	0	5	20	39
39	25 Sep 17	0	7	0	8	0	5	20	40
40	2 Oct 17	0	7	0	8	0	5	25	45
41	9 Oct 17	0	8	0	8	0	5	30	51
42	16 Oct 17	0	8	0	8	8	5	35	64
43	23 Oct 17	0	6	0	6	0	5	10	27
44	30 Oct 17	0	6	0	6	0	0	42	54

Kaapsehoop Marathon takes place on Saturday 4 November

Soweto Marathon takes place on Sunday 5 November