

Mississauga Marathon 2013 - from 30km

Week	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1 Mar. 23	30km ATB	Rest	Rest	Easy 5km	Rest	10km	Rest
2 Mar. 30	35km	Rest	Rest	10km	Rest	10km	Rest
3 Apr. 6	20km	Rest	Rest	10km	Rest	10km	Rest
4 Apr. 13	40km	Rest	Rest	10km	Rest	10km	Rest
5 Apr. 20	20km	Rest	Rest	10km	Rest	10km	Rest
6 Apr. 27	5km	Rest	Rest	8km	Rest	Rest or easy 5km	Rest
7 May 4	Rest	Race Day May 5	Rest	Rest	Rest	Rest	Rest