

Canada's Only 1/4 Marathon



July 25, 2009 - Oshawa, ON
www.durhamquartermarathon.com

Week	Tuesday	Thursday	Sat. or Sun.
May 4-10	run 20-25 min	run 20-25 min	3K run
May 11-17	run 20-25 min	run 20-25 min	3K run
May 18-24	run 25-30 min	run 25-30 min	4K run
May 25-31	run 25-30 min	run 25-30 min	4K run
June 1-7	run 30-35 min	run 30-35 min	5K run
June 8-14	run 30-35 min	run 30-35 min	5K run
June 15-21	run 30-45 min	run 30-45 min	6.5K run
June 22-28	run 30-45 min	run 30-45 min	8K run
June 29-July 5	run 30-45 min	run 30-45 min	10K run
July 6-12	run 30-45 min	run 30-45 min	4K run
July 13-19	run 30-45 min	run 30-45 min	5K run
July 20-25	run 30-45 min	run 30-45 min	RACE DAY