



Deseret News  
**MARATHON**  
*10K/Read Today 5K Walk*

Salt Lake City will be the Fastest City on Earth.  
**Monday Morning**  
**July 25, 2011**

## Runner Preparation

A lot of people run in the Deseret Morning News/KJZZ Marathon. So can you. The youngest person to run was 7 and the oldest was over 70. The lightest runner weighted only 57 pounds and the heaviest weighed over 220. But they all finished as a result of proper training.

The step-by-step schedule shows how you can finish the Deseret Morning News/KJZZ Marathon if you have been running at least 30 minutes a day. If you're significantly below that, the program shouldn't be started until you've reached that level.

The schedule includes a three-month plan. If a runner plans to enter the Deseret Morning News / KJZZ Marathon on July 24, the schedule should begin in late April.

When training, it's a good idea to not try running the full marathon route because you might drop out or hurt yourself and never recover psychologically. Leave the last several miles of the race unexplored until the proper time and place, when other runners can help you and when finishing counts!

Program	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Average
Week 1	25 min.	50 min.	25 min.	50 min.	25 min.	1:10	optional	35 min.
Week 2	30 min.	55 min.	30 min.	55 min.	30 min.	1:20	optional	40 min.
Week 3	35 min.	1:00	35 min.	1:00	35 min.	1:30	optional	45 min.
Week 4	35 min.	1:10	35 min.	1:10	35 min.	1:45	optional	50 min.
Week 5	40 min.	1:20	40 min.	1:20	40 min.	1:45	optional	55 min.
Week 6	40 min.	1:30	40 min.	1:30	40 min.	2:00	optional	1:00
Week 7	40 min.	1:30	40 min.	1:30	40 min.	2:00	optional	1:00
Week 8	40 min.	1:30	40 min.	1:30	40 min.	2:00	optional	1:00
Week 9	40 min.	1:30	40 min.	1:30	40 min.	2:00	optional	1:00
Week 10	40 min.	1:30	40 min.	1:30	40 min.	2:00	optional	1:00
Week 11	40 min.	1:30	40 min.	1:30	40 min.	2:30	optional	1:05
Week 12	40 min.	1:30	40 min.	1:30	40 min.	2:00	optional	1:00

In addition there are several running groups sponsored by the Salt Lake Running Company that can help get you ready for the event. Please visit <http://www.saltlakerunningco.com/page1404.htm> for more details about these groups. You may also email them at [info@saltlakerunningco.com](mailto:info@saltlakerunningco.com).

**Utah's Fastest Running Tradition.**