

## JANUARY

| SUNDAY                                | MONDAY                             | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY                              |
|---------------------------------------|------------------------------------|---------|-----------|----------|--------|---------------------------------------|
| 1                                     | 2 / SPRING MARATHON TRAINING START | 3       | 4         | 5        | 6      | 7 / FIRST PARKRUN OF 2023             |
| 8                                     | 9                                  | 10      | 11        | 12       | 13     | 14                                    |
| 15                                    | 16                                 | 17      | 18        | 19       | 20     | 21 / NATIONAL RUNNING SHOW BIRMINGHAM |
| 22 / NATIONAL RUNNING SHOW BIRMINGHAM | 23                                 | 24      | 25        | 26       | 27     | 28                                    |
| 29                                    | 30                                 | 31      | NOTES     |          |        |                                       |


## FEBRUARY

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
|        |        |         | 1         | 2        | 3      | 4        |
| 5      | 6      | 7       | 8         | 9        | 10     | 11       |
| 12     | 13     | 14      | 15        | 16       | 17     | 18       |
| 19     | 20     | 21      | 22        | 23       | 24     | 25       |
| 26     | 27     | 28      | NOTES     |          |        |          |

## MARCH

| SUNDAY   | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--------|---------|-----------|----------|--------|----------|
| NOTES  |        |         | 1         | 2        | 3      | 4        |
| 5 / TOKYO MARATHON<br> | 6      | 7       | 8         | 9        | 10     | 11       |
| 12   | 13     | 14      | 15        | 16       | 17     | 18       |
| 19   | 20     | 21      | 22        | 23       | 24     | 25       |
| 26   | 27     | 28      | 29        | 30       | 31     |          |

## APRIL

| SUNDAY                   | MONDAY  | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------------------|---|---------|-----------|----------|--------|----------|
| NOTES                    |   |         |           |          |        | 1        |
| 2                        | 3   | 4       | 5         | 6        | 7      | 8        |
| 9                        | 10  | 11      | 12        | 13       | 14     | 15       |
| 16 / MANCHESTER MARATHON | 17 / BOSTON MARATHON  | 18      | 19        | 20       | 21     | 22       |
| 23 / LONDON MARATHON     |  |         | 25        | 26       | 27     | 28       |
| 30                       | 24  | 25      | 26        | 27       | 28     | 29       |

## MAY

| SUNDAY  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY                        |
|---|--------|---------|-----------|----------|--------|---------------------------------|
|   | 1      | 2       | 3         | 4        | 5      | 6 / NATIONAL RUNNING SHOW SOUTH |
| 7 / NATIONAL RUNNING SHOW SOUTH<br>GREAT BIRMINGHAM RUN | 8      | 9       | 10        | 11       | 12     | 13                              |
| 14  | 15     | 16      | 17        | 18       | 19     | 20                              |
| 21 / GREAT MANCHESTER RUN                               | 22     | 23      | 24        | 25       | 26     | 27                              |
| 28  | 29     | 30      | 31        | NOTES    |        |                                 |

## JUNE

| SUNDAY | MONDAY                              | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY                   | SATURDAY |
|--------|-------------------------------------|---------|-----------|----------|--------------------------|----------|
| NOTES  |                                     |         |           | 1        | 2                        | 3        |
| 4      | 5                                   | 6       | 7         | 8        | 9                        | 10       |
| 11     | 12                                  | 13      | 14        | 15       | 16                       | 17       |
| 18     | 19 / AUTUMN MARATHON TRAINING START | 20      | 21        | 22       | 23                       | 24       |
| 25     | 26                                  | 27      | 28        | 29       | 30 / LONG COURSE WEEKEND |          |

## JULY

| SUNDAY                  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY                |
|-------------------------|--------|---------|-----------|----------|--------|-------------------------|
| NOTES                   |        |         |           |          |        | 1 / LONG COURSE WEEKEND |
| 2 / LONG COURSE WEEKEND | 3      | 4       | 5         | 6        | 7      | 8                       |
| 9                       | 10     | 11      | 12        | 13       | 14     | 15                      |
| 16                      | 17     | 18      | 19        | 20       | 21     | 22                      |
| 23                      | 24     | 25      | 26        | 27       | 28     | 29                      |
| 30                      | 31     |         |           |          |        |                         |

## AUGUST

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
| NOTES  |        | 1       | 2         | 3        | 4      | 5        |
| 6      | 7      | 8       | 9         | 10       | 11     | 12       |
| 13     | 14     | 15      | 16        | 17       | 18     | 19       |
| 20     | 21     | 22      | 23        | 24       | 25     | 26       |
| 27     | 28     | 29      | 30        | 31       | NOTES  |          |

## SEPTEMBER

| SUNDAY               | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------------------|--------|---------|-----------|----------|--------|----------|
| NOTES                |        |         |           |          | 1      | 2        |
| 3                    | 4      | 5       | 6         | 7        | 8      | 9        |
| 10 / GREAT NORTH RUN | 11     | 12      | 13        | 14       | 15     | 16       |
| 17                   | 18     | 19      | 20        | 21       | 22     | 23       |
| 24 / BERLIN MARATHON | 25     | 26      | 27        | 28       | 29     | 30       |

## OCTOBER

| SUNDAY               | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------------------|--------|---------|-----------|----------|--------|----------|
| 1                    | 2      | 3       | 4         | 5        | 6      | 7        |
| 8 / CHICAGO MARATHON | 9      | 10      | 11        | 12       | 13     | 14       |
| 15 / GREAT SOUTH RUN | 16     | 17      | 18        | 19       | 20     | 21       |
| 22                   | 23     | 24      | 25        | 26       | 27     | 28       |
| 29                   | 30     | 31      | NOTES     |          |        |          |

## NOVEMBER

| SUNDAY                | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------------|--------|---------|-----------|----------|--------|----------|
| NOTES                 |        |         | 1         | 2        | 3      | 4        |
| 5 / NEW YORK MARATHON | 6      | 7       | 8         | 9        | 10     | 11       |
| 12                    | 13     | 14      | 15        | 16       | 17     | 18       |
| 19                    | 20     | 21      | 22        | 23       | 24     | 25       |
| 26                    | 27     | 28      | 29        | 30       | NOTES  |          |

## DECEMBER

| SUNDAY               | MONDAY         | TUESDAY    | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY       |
|----------------------|----------------|------------|-----------|----------|--------|----------------|
| NOTES                |                |            |           |          | 1      | 2              |
| 3                    | 4              | 5          | 6         | 7        | 8      | 9              |
| 10                   | 11             | 12         | 13        | 14       | 15     | 16             |
| 17                   | 18             | 19         | 20        | 21       | 22     | 23             |
| 24                   | 25 / SANTA RUN | 26         | 27        | 28       | 29     | 30             |
| 31<br>New Year's Day | Christmas Day  | Boxing Day |           |          |        | New Year's Eve |