

2020 BLS LAKEFRONT MARATHON BUILD UP SCHEDULE

The first 5 weeks of this schedule are now virtual. Run these runs whenever you can and wherever you can. The maps shown are mostly the originally scheduled location there is no need for you to run these courses. Be careful that if you show up on the original date at the original location (or whenever or wherever you run) that you follow social distancing guidelines do not run more than two across, do not block the trail or crowd other trail or road users. Remember to carry water or Gatorade with you or set an extra bottle behind a bush along the trail. Some of you may be more comfortable continuing to run individually after the ban on gathering has been lifted. Good for you! Do whatever make you more comfortable. I will try to keep up the banter on social media to encourage your training. I am sorry that I can't be there with you. JW

| DAY | DATE | LOCATION | DISTANCE | TIME | ROUTE MAPS |
|--------|---------|--|---|------|---|
| SAT | 6/27/20 | VIRTUAL (MAP STARTS AT LAKE PARK) | 8 MI | ??? | https://tinyurl.com/y7uulf9h |
| SAT | 7/4/20 | VIRTUAL - FIRECRACKER FOUR. MAP STARTS FROM WHITNALL PARK #3. | 8 MI | ??? | https://tinyurl.com/y7ob2974 |
| SAT | 7/11/20 | VIRTUAL - MAP STARTS FROM LAKE PARK | 10 MI | ??? | https://tinyurl.com/y89nsatm |
| SAT | 7/18/20 | VIRTUAL - MAP STARTS FROM ESTABROOK #8 | 12 MI | ??? | https://tinyurl.com/y9mqh3aa |
| SAT | 7/25/20 | VIRTUAL - CUDAHY CLASSIC. MAP STARTS FROM SHERIDAN PARK #2. | 12 MI | ??? | https://tinyurl.com/y84utsxt |
| SAT | 8/1/20 | VIRTUAL - MAP STARTS FROM LAKE PARK. | 14 MI | ??? | https://tinyurl.com/y4g3q9ly https://tinyurl.com/y36wdk9t |
| SAT | 8/8/20 | VIRTUAL - MAP STARTS FROM GREENFIELD PARK #3. | 16 MI | ??? | https://tinyurl.com/y2rmd952 https://tinyurl.com/y83gixlg |
| SAT | 8/15/20 | VIRTUAL - MAP STARTS FROM LAKE PARK | 18 MI | ??? | 3 Loops https://tinyurl.com/y65cp49j |
| SAT | 8/22/20 | VIRTUAL - WHITNALL PARK BEER GARDEN | 20 MI | ??? | https://tinyurl.com/y65cp49j https://tinyurl.com/y2lw47pl https://tinyurl.com/y6sw9jms |
| SAT | 8/29/20 | VIRTUAL - HALF MARATHON - MAP STARTS FROM ESTABROOK #5 | 13.1 MI | ??? | https://tinyurl.com/yxzqul2f https://tinyurl.com/yv4w4y24 |
| SAT | 9/5/20 | VIRTUAL - MAP STARTS FROM LAKE PARK. | 16 MI | ??? | https://tinyurl.com/y5l3h2 https://tinyurl.com/y4g3q9ly |
| SAT | 9/12/20 | VIRTUAL - MAP STARTS FROM LAKE PARK. | 22 MI | ??? | https://tinyurl.com/y5l3h2 https://tinyurl.com/y36wdk9t https://tinyurl.com/y4g3q9ly |
| SAT | 9/20/20 | VIRTUAL - MAP STARTS FROM ESTABROOK #8. | 16 MI | ??? | https://tinyurl.com/yylnzub8 https://tinyurl.com/y9onz7a5 |
| SAT | 9/26/20 | VIRTUAL - MAP STARTS FROM LAKE PARK. | 8 MI | ??? | https://tinyurl.com/yc2p6cv9 |
| SUNDAY | 10/4/20 | LFM DISTANCE CHALLENGE | SEE MILWAUKEELAKEFRONTMARATHON.ORG | | |