

Training Plans • Marathon Beginner



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Week 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16

Week 1



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
Workout: Cross train or bike or swim or walk for 1 hour.	4 miles. Long distance run at a conversational pace.	Rest day.	4 miles. Long distance run at a conversational pace.	4 miles. Long distance run at a conversational pace.	Rest day.	6 miles. Long distance run at a conversational pace.

Notes:

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Week 2



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
Workout: Cross train or bike or swim or walk for 1 hour.	4 miles. Long distance run at a conversational pace.	Rest day.	4 miles. Long distance run at a conversational pace.	4 miles. Long distance run at a conversational pace.	Rest day.	7 miles. Long distance run at a conversational pace.

Notes:

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Week 3



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
Workout: Cross train or bike or swim or walk for 1 hour.	4 miles. Long distance run at a conversational pace.	Rest day.	5 miles. Long distance run at a conversational pace.	5 miles. Long distance run at a conversational pace.	Rest day.	7 miles. Long distance run at a conversational pace.

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Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
Workout: Cross train or bike or swim or walk for 1 hour.	5 miles. Long distance run at a conversational pace.	Rest day.	6 miles. Long distance run at a conversational pace.	5 miles. Long distance run at a conversational pace.	Rest day.	8 miles. Long distance run at a conversational pace.

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Week 5



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
Workout: Cross train or bike or swim or walk for 1 hour.	6 miles. Long distance run at a conversational pace.	4 miles. Long distance run at a conversational pace.	6 miles. Long distance run at a conversational pace.	5 miles. Long distance run at a conversational pace.	Rest day.	9 miles. Long distance run at a conversational pace.

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Week 6



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
Workout: Cross train or bike or swim or walk for 1 hour.	5 miles. Long distance run at a conversational pace.	4 miles. Long distance run at a conversational pace.	6 miles. Long distance run at a conversational pace.	Rest day.	6 miles. Long distance run at a conversational pace.	9 miles. Long distance run at a conversational pace.

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Week 7



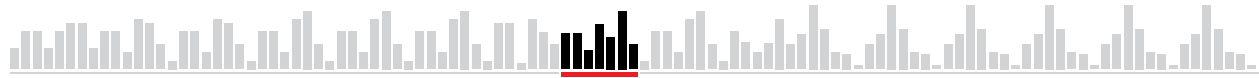
Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
Workout: Cross train or bike or swim or walk for 1 hour.	5 miles. Long distance run at a conversational pace.	4 miles. Long distance run at a conversational pace.	7 miles. Long distance run at a conversational pace.	Rest day.	6 miles. Long distance run at a conversational pace.	12 miles. Long distance run at a conversational pace.

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Week 8



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
Workout: Cross train or bike or swim or walk for 1 hour.	5 miles. Long distance run at a conversational pace.	6 miles. Long distance run at a conversational pace.	7 miles. Long distance run at a conversational pace.	Rest day.	5 miles. Long distance run at a conversational pace.	10 miles. Long distance run at a conversational pace.

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Week 9



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
Workout: Cross train or bike or swim or walk for 1 hour.	6 miles. Long distance run at a conversational pace.	5 miles. Long distance run at a conversational pace.	8 miles. Long distance run at a conversational pace.	Rest day.	6 miles. Long distance run at a conversational pace.	14 miles. Long distance run at a conversational pace.

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Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
Workout: Cross train or bike or swim or walk for 1 hour.	7 miles. Long distance run at a conversational pace.	5 miles. Long distance run at a conversational pace.	8 miles. Long distance run at a conversational pace.	Rest day.	7 miles. Long distance run at a conversational pace.	13 miles. Long distance run at a conversational pace.

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Week 11



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
Workout: Cross train or bike or swim or walk for 1 hour.	5 miles. Long distance run at a conversational pace.	5 miles. Long distance run at a conversational pace.	8 miles. Long distance run at a conversational pace.	Rest day.	7 miles. Long distance run at a conversational pace.	16 miles. Long distance run at a conversational pace.

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Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
Workout: Cross train or bike or swim or walk for 1 hour.	7 miles. Long distance run at a conversational pace.	5 miles. Long distance run at a conversational pace.	9 miles. Long distance run at a conversational pace.	Rest day.	8 miles. Long distance run at a conversational pace.	18 miles. Long distance run at a conversational pace.

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Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
Workout: Cross train or bike or swim or walk for 1 hour.	7 miles. Long distance run at a conversational pace.	5 miles. Long distance run at a conversational pace.	9 miles. Long distance run at a conversational pace.	Rest day.	7 miles. Long distance run at a conversational pace.	20 miles. Long distance run at a conversational pace.

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Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
Workout: Cross train or bike or swim or walk for 1 hour.	7 miles. Long distance run at a conversational pace.	5 miles. Long distance run at a conversational pace.	10 miles. Long distance run at a conversational pace.	Rest day.	8 miles. Long distance run at a conversational pace.	13 miles. Long distance run at a conversational pace.

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Week 15



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
Workout: Cross train or bike or swim or walk for 1 hour.	6 miles. Long distance run at a conversational pace.	5 miles. Long distance run at a conversational pace.	8 miles. Long distance run at a conversational pace.	5 miles. Long distance run at a conversational pace.	Rest day.	8 miles. Long distance run at a conversational pace.

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Week 16

Week 16



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
Rest day.	3 miles. Long distance run at a conversational pace.	5 miles. Long distance run at a conversational pace.	3 miles. Long distance run at a conversational pace.	Rest day.	3 miles. Long distance run at a conversational pace.	Run your race!

Notes:
