



MARATHON TRAINING PLAN

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	REST	3_{MI}	3_{MI}	3_{MI}	REST	6_{MI}	CROSS TRAINING
2	REST	3_{MI}	3_{MI}	3_{MI}	REST	7_{MI}	CROSS TRAINING
3	REST	3_{MI}	4_{MI}	3_{MI}	REST	5_{MI}	CROSS TRAINING
4	REST	3_{MI}	4_{MI}	3_{MI}	REST	9_{MI}	CROSS TRAINING
5	REST	3_{MI}	5_{MI}	3_{MI}	REST	10_{MI}	CROSS TRAINING
6	REST	3_{MI}	5_{MI}	3_{MI}	REST	7_{MI}	CROSS TRAINING
7	REST	3_{MI}	6_{MI}	3_{MI}	REST	12_{MI}	CROSS TRAINING
8	REST	3_{MI}	6_{MI}	3_{MI}	REST	REST	HALF MARATHON
9	REST	3_{MI}	7_{MI}	4_{MI}	REST	10_{MI}	CROSS TRAINING
10	REST	3_{MI}	7_{MI}	4_{MI}	REST	15_{MI}	CROSS TRAINING
11	REST	4_{MI}	8_{MI}	4_{MI}	REST	16_{MI}	CROSS TRAINING
12	REST	4_{MI}	8_{MI}	5_{MI}	REST	12_{MI}	CROSS TRAINING
13	REST	4_{MI}	9_{MI}	5_{MI}	REST	18_{MI}	CROSS TRAINING
14	REST	5_{MI}	9_{MI}	5_{MI}	REST	14_{MI}	CROSS TRAINING
15	REST	5_{MI}	10_{MI}	5_{MI}	REST	20_{MI}	CROSS TRAINING
16	REST	5_{MI}	8_{MI}	4_{MI}	REST	12_{MI}	CROSS TRAINING
17	REST	4_{MI}	6_{MI}	3_{MI}	REST	8_{MI}	CROSS TRAINING
18	REST	3_{MI}	4_{MI}	2_{MI}	REST	REST	RACE DAY!

POWERED BY

VENTURE MILES

Adapted from halhigdon.com