

MARATHON TRAINING GUIDE

Marathon Training Schedule

| Week | Mon | Tue | Wed | Thur | Fri | Sat | Sun |
|--------------------|-------|---------|----------|---------|------|-----------|------|
| 1 | cross | 3 m run | 5 m run | 3 m run | rest | 5 m pace | 10 |
| 2 | cross | 3 m run | 5 m run | 3 m run | rest | 5 m run | 11 |
| 3 | cross | 3 m run | 6 m run | 3 m run | rest | 6 m pace | 8 |
| 4 | cross | 3 m run | 6 m run | 3 m run | rest | 6 m pace | 13 |
| 5 | cross | 3 m run | 7 m run | 3 m run | rest | 7 m run | 14 |
| 6 | cross | 3 m run | 7 m run | 3 m run | rest | 7 m pace | 10 |
| 7 | cross | 4 m run | 8 m run | 4 m run | rest | 8 m pace | 16 |
| 8 | cross | 4 m run | 8 m run | 4 m run | rest | 8 m run | 17 |
| 9 | cross | 4 m run | 9 m run | 4 m run | rest | 9 m pace | 12 |
| 10 | cross | 4 m run | 9 m run | 4 m run | rest | 9 m pace | 19 |
| 11 | cross | 5 m run | 10 m run | 5 m run | rest | 10 m run | 20 |
| 12 | cross | 5 m run | 6 m run | 5 m run | rest | 6 m pace | 12 |
| 13 | cross | 5 m run | 10 m run | 5 m run | rest | 10 m pace | 20 |
| 14 | cross | 5 m run | 6 m run | 5 m run | rest | 6 m run | 12 |
| 15 | cross | 5 m run | 10 m run | 5 m run | rest | 10 m pace | 20 |
| 16 | cross | 5 m run | 8 m run | 5 m run | rest | 4 m pace | 12 |
| 17 | cross | 4 m run | 6 m run | 4 m run | rest | 4 m run | 8 |
| 18 | cross | 3 m run | 4 m run | rest | rest | 2 m run | race |