



**Marathon Training Program
Typical Runner**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL
Week 1	3	4	3	4	OFF or X Train	Long Run 5	OFF or X Train	19
Week 2	3	4	3	4	OFF or X Train	Long Run 6	OFF or X Train	20
Week 3	3	5	3	3	OFF or X Train	Long Run 8	OFF or X Train	22
Week 4	3	4	3	4	OFF or X Train	Long Run 10	OFF or X Train	24
Week 5	3	5	3	3	OFF or X Train	Long Run 12	OFF or X Train	26
Week 6	3	4	3	4	OFF or X Train	Long Run 8	OFF or X Train	22
Week 7	3	5	3	4	OFF or X Train	Long Run 14	OFF or X Train	29
Week 8	4	4	4	3	OFF or X Train	Long Run 10	OFF or X Train	20
Week 9	3	4	4	3	OFF or X Train	Long Run 16	OFF or X Train	30
Week 10	3	6	5	4	OFF or X Train	Long Run 10	OFF or X Train	28
Week 11	3	3	4	5	OFF or X Train	Long Run 18	OFF or X Train	33
Week 12	4	6	3	5	OFF or X Train	Long Run 12	OFF or X Train	30
Week 13	4	5	3	4	OFF or X Train	Long Run 20	OFF or X Train	36
Week 14	3	6	4	7	OFF or X Train	Long Run 10	OFF or X Train	30
Week 15	4	5	5	3	OFF or X Train	Long Run 22	OFF or X Train	39
Week 16	3	5	4	6	OFF or X Train	Long Run 8	OFF or X Train	26
Week 17	4	6	3	3	OFF or X Train	Long Run 14	OFF or X Train	30
Week 18	4	3	3	4	OFF or X Train	Long Run 12	OFF or X Train	26
Week 19	3	4	3	3	OFF or X Train	Long Run 8	OFF	21
Week 20	3	3	2	OFF	2	OFF	OFF	10
Week 21	Marathon on 26.2	Walk 1	Walk	Walk 1-2	Walk 1	OFF	OFF	30.2

All runs should be done at a comfortable pace. You should be able to converse.
 Long runs may be done either Saturday or Sunday.
 Remember, do not double up on workouts. If you miss one, you miss one. So what!