



**Marathon Training Program
Walkers- Novice**

Please note: Monday through Fridays numbers = minutes of walking
Long walks on Saturday are miles

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL
Week 1	35	0	40	45	OFF or X Train	Long walk 4	OFF or X Train	120+4
Week 2	35	0	30	40	OFF or X Train	Long walk 5	OFF or X Train	105+5
Week 3	35	0	50	45	OFF or X Train	Long walk 6	OFF or X Train	130+6
Week 4	35	0	45	60	OFF or X Train	Long walk 7	OFF or X Train	140+7
Week 5	35	0	45	55	OFF or X Train	Long walk 8	OFF or X Train	135+8
Week 6	35	0	45	60	OFF or X Train	Long walk 9	OFF or X Train	140+9
Week 7	45	0	50	50	OFF or X Train	Long walk 10	OFF or X Train	145+10
Week 8	45	0	50	50	OFF or X Train	Long walk 11	OFF or X Train	145+11
Week 9	45	0	50	60	OFF or X Train	Long walk 12	OFF or X Train	155+12
Week 10	40	0	50	60	OFF or X Train	Long walk 6	OFF or X Train	150+6
Week 11	45	0	50	60	OFF or X Train	Longwalk 14	OFF or X Train	155+14
Week 12	45	0	45	60	OFF or X Train	Long walk 10	OFF or X Train	150+10
Week 13	40	0	50	60	OFF or X Train	Long walk 16	OFF or X Train	150+16
Week 14	45	0	50	60	OFF or X Train	Long walk 10	OFF or X Train	155+10
Week 15	50	0	50	60	OFF or X Train	Long walk 18	OFF or X Train	160+18
Week 16	50	0	50	60	OFF or X Train	Long walk 6	OFF or X Train	160+6
Week 17	30	0	40	40	OFF or X Train	Long walk 16-18	OFF or X Train	110+16-18
Week 18	30	0	30	40	OFF or X Train	Long walk 10	OFF or X Train	100+ 10
Week 19	15	0	20	20	30	Long walk 6	OFF or X Train	85+6
Week 20	20	0	40	OFF	Off	OFF	2	60+2
Week 21	Marath on 26.2	15-20	15	20-30	20	OFF	OFF	85+26.2

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

2720 minutes (45.3 hours) + 216.2 miles = ~316 miles Total