



**Marathon Training Program
Walkers- Experienced**

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL
Week 1	50	70	45	60	OFF or X Train	Long walk 6	OFF or X Train	225+6
Week 2	50	70	45	60	OFF or X Train	Long walk 7	OFF or X Train	225+7
Week 3	50	75	45	60	OFF or X Train	Long walk 8	OFF or X Train	230+8
Week 4	50	80	45	60	OFF or X Train	Long walk 7	OFF or X Train	235+7
Week 5	50	80	45	65	OFF or X Train	Long walk 12	OFF or X Train	240+12
Week 6	50	80	45	70	OFF or X Train	Long walk 10	OFF or X Train	245+10
Week 7	50	50	50	80	OFF or X Train	Long walk 10	OFF or X Train	230+10
Week 8	50	50	70	80	OFF or X Train	Long walk 12	OFF or X Train	250+12
Week 9	60	50	80	65	OFF or X Train	Long walk 14	OFF or X Train	255+14
Week 10	60	50	80	65	OFF or X Train	Long walk 7	OFF or X Train	255+7
Week 11	60	50	40	40	OFF or X Train	Long walk 16	OFF or X Train	190+16
Week 12	65	50	80	75	OFF or X Train	Long walk 10	OFF or X Train	270+10
Week 13	60	80	55	75	OFF or X Train	Long walk 18	OFF or X Train	270+18
Week 14	60	80	55	75	OFF or X Train	Long walk 12	OFF or X Train	270+12
Week 15	50	90	50	70	OFF or X Train	Long walk 20	OFF or X Train	260+20
Week 16	50	60	50	50	OFF or X Train	Long walk 7	OFF or X Train	210+7
Week 17	40	40	30	40	OFF or X Train	Long walk 14	OFF or X Train	150+14
Week 18	30	20	30	Off	OFF or 20	Long walk 10		100+10
Week 19	15	20	20	Off	30	Long walk 6		85+6
Week 20	20	20	20	OFF	OFF	OFF	20	80+0
Week 21	Marath on 26.2	15	OFF	20	30	OFF	OFF	65+26.2

Unless otherwise announced, group walks will start at 7:00 AM (Please be prompt).
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!

4340 minutes (72.3 hours)+ 232.2 miles = ~ 497.2 miles Total