

# MARATHON TRAINING PLAN

WK	DATE	MON	TUE	WED	THU	FRI	SAT	SUN	PHASE
#	MONDAY	EASY	EASY	STRENGTH	HARD	REST	LONG	X-TRAIN	
1		5 km	5 km	Strength & Core	5 km	Rest	8 km	Cross Train	DISTANCE BUILDING
2		5 km	5 km	Strength & Core	5 km	Rest	10 km	Cross Train	
3		5 km	7 km	Strength & Core	5 km	Rest	10 km	Cross Train	
4		5 km Test Run	7 km	Strength & Core	5 km	Rest	13 km	Cross Train	
5		5 km	8 km	Strength & Core	5 km	Rest	16 km	Cross Train	
6		5 km	8 km	Strength & Core	5 km	Rest	10 km Test	Cross Train	
7		5 km	10 km	Strength & Core	5 km	Rest	19 km	Cross Train	
8		5 km Test Run	10 km goal race pace	Strength & Core	7 km	Rest	21 km	Cross Train	
9		5 km	11 km	Strength & Core	7 km	Rest	16 km	Cross Train	
HALFWAY!									
10		5 km	11 km	Strength & Core	7 km	Rest	24 km	Cross Train	ENDURANCE TRAINING
11		7 km	13 km	Strength & Core	7 km	Rest	26 km	Cross Train	
12		7 km	13 km goal race pace	Strength & Core	8 km	Rest	19 km	Cross Train	
13		8 km	14 km	Strength & Core	8 km	Rest	29 km	Cross Train	
14		8 km	14 km	Strength & Core	8 km	Rest	22 km	Cross Train	
15		8 km	16 km	Strength & Core	8 km	Rest	32 km	Cross Train	
16		8 km	13 km goal race pace	Strength & Core	7 km	Rest	19 km	Cross Train	THE TAPER
17		7 km	10 km easy	Strength & Core	5 km easy	Rest	13 km	Cross Train	
18		5 km easy	7 km easy	Strength & Core	3 km easy	Rest	<b>RACE WKND</b>		

**MARATHON BASE TRAINING PLAN**

WK	DATE	MON	TUE	WED	THU	FRI	SAT	SUN	PHASE
#	MONDAY	EASY	EASY	STRENGTH	HARD	REST	LONG	X-TRAIN	
1		20 min run 2, walk 1	30 min walk	20 min run 2, walk 1	30 min walk	20 min run 2, walk 1	30 min run 2, walk 1	rest	BASE TRAINING
2		25 min run 2, walk 1	30 min walk	25 min run 2, walk 1	30 min walk	25 min run 2, walk 1	35 min run 2, walk 1	rest	
3		30 min run 3, walk 1	30 min walk	30 min run 3, walk 1	30 min walk	30 min run 3, walk 1	40 min run 3, walk 1	rest	
4		35 min run 3, walk 1	30 min walk	35 min run 3, walk 1	30 min walk	35 min run 3, walk 1	45 min run 3, walk 1	rest	
5		35 min run 4, walk 1	30 min walk	35 min run 4, walk 1	30 min walk	35 min run 4, walk 1	50 min run 4, walk 1	rest	
6		40 min run 4, walk 1	30 min walk	40 min run 4, walk 1	30 min walk	40 min run 4, walk 1	55 min run 4, walk 1	rest	
7		40 min run 5, walk 1	30 min walk	40 min run 5, walk 1	30 min walk	40 min run 5, walk 1	60 min run 5, walk 1	rest	
8		45 min run 5, walk 1	30 min walk	45 min run 5, walk 1	30 min walk	rest	5K Test Run	rest	

**MINUTES NOT DISTANCE**

**30 min**

run 3 minutes  
walk 1 minute

**BASE TRAINING**

This phase is all about getting your body ready for the distance that comes with official training. Before running kilometers, focus on learning how to run and getting in shape. Follow the run walk ratios listed.

If it feels like you're not running enough, don't worry! There is plenty of time in training and plenty of kilometers ahead. Just stick to the plan and you will be golden. Remember to get fitted for proper running shoes at your local running store during this phase!