

# Marathon Training Plan

	<b>M</b>	<b>T</b>	<b>W</b>	<b>Th</b>	<b>F</b>	<b>Sat</b>	<b>Sun</b>
<b>9</b>	<b>Rest</b>	<b>Interval run</b> 10 min easy 4 x (4 min hard/ 3 min easy) 10 min easy	<b>Easy run or cross-training</b> 50 min easy	<b>Easy run</b> 50 min easy	<b>Tempo run</b> 15 min easy 20 min moderate 15 min easy	<b>Easy run or cross-training</b> 50 min easy	<b>Long fartlek run</b> 2 miles easy 14 x (¼ mile at moder- ate pace/ ¾ mile easy) 1 mile easy
	<b>Rest</b>	<b>Hill repetitions run</b> 12 min easy 8 x (30 sec hard uphill/1:30 easy) 12 min easy	<b>Easy run or cross-training</b> 45 min easy	<b>Easy run</b> 45 min easy	<b>Tempo run</b> 15 min easy 15 min moderate 15 min easy	<b>Easy run or cross-training</b> 45 min easy	<b>Long run with fast finish</b> 11 miles easy + 1 mile at moderate pace
<b>10</b>	<b>Rest</b>	<b>Progression run</b> 20 min easy 3 x (3 min moderate/ 2 min hard/5 min easy)	<b>Easy run or cross-training</b> 50 min easy	<b>Easy run</b> 55 min easy	<b>Tempo run</b> 15 min easy 25 min moderate 15 min easy	<b>Easy run or cross-training</b> 50 min easy	<b>Long run with fast finish</b> 15 miles easy 1 mile at moderate pace 1 mile at hard pace 1 mile at 10K pace
	<b>Rest</b>	<b>Progression run</b> 25 min easy 3 x (3:30 moderate/ 1:30 hard/5 min easy)	<b>Easy run or cross-training</b> 50 min easy	<b>Easy run</b> 55 min easy	<b>Tempo run</b> 15 min easy 30 min moderate 15 min easy	<b>Easy run or cross-training</b> 50 min easy	<b>Long fartlek run</b> 2 miles easy 16 x (½ mile moderate/ ½ mile easy) 2 miles easy
<b>11</b>	<b>Rest</b>	<b>Hill repetitions run</b> 12 min easy 8 x (30 sec hard uphill/1:30 easy) 12 min easy	<b>Easy run or cross-training</b> 45 min easy	<b>Easy run</b> 50 min easy	<b>Tempo run</b> 15 min easy 20 min moderate 15 min easy	<b>Easy run or cross-training</b> 45 min easy	<b>Long run with fast finish</b> 10 miles easy + 2 miles moderate
	<b>Rest</b>	<b>Progression run</b> 30 min easy 4 x (4 min moderate/ 1 min hard/5 min easy)	<b>Easy run or cross-training</b> 50 min easy	<b>Easy run</b> 55 min easy	<b>Tempo run</b> 15 min easy 35 min moderate 15 min easy	<b>Easy run or cross-training</b> 55 min easy	<b>Marathon pace run</b> 2 miles easy 16 miles moderate 2 miles easy
<b>12</b>	<b>Rest</b>	<b>Progression run</b> 30 min easy 4 x (4:30 moderate/30 sec hard/5 min easy)	<b>Easy run or cross-training</b> 50 min easy	<b>Easy run</b> 50 min easy	<b>Tempo run</b> 15 min easy 25 min moderate 15 min easy	<b>Easy run or cross-training</b> 50 min easy	<b>Long run with fast finish</b> 10 miles easy + 2 miles moderate
	<b>Rest</b>	<b>Fartlek run</b> 12 min easy 6 x (2 min hard/ 2 min easy) 12 min easy	<b>Easy run</b> 45 min easy	<b>Fast finish run</b> 35 min easy 10 min moderate	<b>Easy run or cross-training</b> 40 min easy	<b>Easy run + strides</b> 20 min easy + 5 x 15 sec hard with full recovery	<b>Marathon</b>
<b>13</b>	<b>Rest</b>						
	<b>Rest</b>						
<b>14</b>	<b>Rest</b>						
	<b>Rest</b>						
<b>15</b>	<b>Rest</b>						
	<b>Rest</b>						
<b>16</b>	<b>Rest</b>						
	<b>Rest</b>						