

WK	DATE	MON	TUE	WED	THU	FRI	SAT	SUN	PHASE
	#	MONDAY	EASY	EASY	STRENGTH	HARD	REST	LONG	
1		3 Miles	3 Miles	Strength & Core	3 Miles	Rest	5 Miles	Cross Train	DISTANCE BUILDING
2		3 Miles	3 Miles	Strength & Core	3 Miles	Rest	6 Miles	Cross Train	
3		3 Miles	4 Miles	Strength & Core	3 Miles	Rest	6 Miles	Cross Train	
4		3.1 Miles 5k test run	4 Miles	Strength & Core	3 Miles	Rest	8 Miles	Cross Train	
5		3 Miles	5 Miles	Strength & Core	3 Miles	Rest	10 Miles	Cross Train	
6		3 Miles	5 Miles	Strength & Core	3 Miles	Rest	10K Test	Cross Train	
7		3 Miles	6 Miles	Strength & Core	3 Miles	Rest	12 Miles	Cross Train	
8		3.1 Miles 5k test run	6 Miles goal race pace	Strength & Core	4 Miles	Rest	13 Miles	Cross Train	
9		3 Miles	7 Miles	Strength & Core	4 Miles	Rest	10 Miles	Cross Train	
HALFWAY!									
10		3 Miles	7 Miles	Strength & Core	4 Miles	Rest	15 Miles	Cross Train	ENDURANCE TRAINING
11		4 Miles	8 Miles	Strength & Core	4 Miles	Rest	16 Miles	Cross Train	
12		4 Miles	8 Miles goal race pace	Strength & Core	5 Miles	Rest	12 Miles	Cross Train	
13		5 Miles	9 Miles	Strength & Core	5 Miles	Rest	18 Miles	Cross Train	
14		5 Miles	9 Miles	Strength & Core	5 Miles	Rest	14 Miles	Cross Train	
15		5 Miles	10 Miles	Strength & Core	5 Miles	Rest	20 Miles	Cross Train	
16		5 Miles	8 Miles goal race pace	Strength & Core	4 Miles	Rest	12 Miles	Cross Train	THE TAPER
17		4 Miles	6 Miles	Strength & Core	3 Miles easy	Rest	8 Miles	Cross Train	
18		3 Miles	4 Miles	Strength & Core	2 Miles easy	Rest	RACE WKND		

MARATHON TRAINING PLAN