

» 16-Week Marathon Training Plan

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	● Flex	● 3 miles + ● ST	Off	● 3 miles	Off	● ST	● 6 miles
2	● Flex	● 3 miles + ● ST	Off	● 4 miles	Off	● 3 miles + ● ST	● 8 miles
3	● Flex	● 4 miles + ● ST	Off	● 5 miles	Off	● 4 miles + ● ST	● 10 miles
4	● Flex	● 4 miles + ● ST	Off	● 6 miles	Off	● 4 miles + ● ST	● 12 miles
5	● Flex	● 5 miles + ● ST	Off	● 6 miles	Off	● 5 miles + ● ST	● 10 miles
6	● Flex	● 5 miles + ● ST	Off	● 5 miles	Off	● ST	● 14 miles
7	● Flex	● 5 miles + ● ST	Off	● 5 miles	Off	● 5 miles + ● ST	● 10 miles
8	● Flex	● 6 miles + ● ST	Off	● 6 miles	Off	● 5 miles + ● ST	● 16 miles

● Flex | ● ST | ● Tempo | ● Intervals | ● Hills | ● Reg | ● AYF | ● Long

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9	● Flex	● Intervals + ● ST	Off	● Reg 5 miles	Off	● AYF 5 miles + ● ST	● Long 10 miles
10	● Flex	● Hills 5 miles + ● ST	Off	● Reg 6 miles	Off	● AYF 4 miles + ● ST	● Long 18 miles
11	● Flex	● Tempo 8 miles + ● ST	Off	● Reg 8 miles	Off	● AYF 5 miles + ● ST	● Long 10 miles
12	● Flex	● Intervals 4 miles + ● ST	Off	● Reg 6 miles	Off	Off	● Long 20 miles [or 3:30 max]
15	● Flex	● Hills 4 miles + ● ST	Off	● Reg 8 miles	Off	● AYF 5 miles + ● ST	● Long 10 miles
14	● Flex	● Tempo 4 miles + ● ST	Off	● Reg 6 miles	Off	● AYF 4 miles + ● ST	● Long 12 miles
15	● Flex	● Tempo 3 miles + ● ST	Off	● Reg 5 miles	Off	● AYF 4 miles + ● ST	● Long 7 miles
16	● Flex	● Reg 3 miles + ● ST	Off	● Reg 3 miles	Off	● AYF 2 miles	RACE DAY 26.2 miles

● Flex | ● ST | ● Tempo | ● Intervals | ● Hills | ● Reg | ● AYF | ● Long

