

women's **Running** 16-Week Marathon Training Plan

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	FLEX	3 miles + STRENGTH TRAINING	OFF	3 miles	OFF	STRENGTH TRAINING	6 miles LONG RUN
2	FLEX	TEMPO RUN 3 miles + STRENGTH TRAINING	OFF	4 miles	OFF	AS YOU FEEL 3 miles + STRENGTH TRAINING	8 miles LONG RUN
3	FLEX	INTERVALS 4 miles + STRENGTH TRAINING	OFF	5 miles	OFF	AS YOU FEEL 4 miles + STRENGTH TRAINING	10 miles LONG RUN
4	FLEX	HILLS 4 miles + STRENGTH TRAINING	OFF	6 miles	OFF	AS YOU FEEL 4 miles + STRENGTH TRAINING	12 miles LONG RUN
5	FLEX	TEMPO RUN 5 miles + STRENGTH TRAINING	OFF	6 miles	OFF	AS YOU FEEL 5 miles + STRENGTH TRAINING	10 miles LONG RUN
6	FLEX	INTERVALS 5 miles + STRENGTH TRAINING	OFF	5 miles	OFF	STRENGTH TRAINING	14 miles LONG RUN
7	FLEX	HILLS 5 miles + STRENGTH TRAINING	OFF	5 miles	OFF	AS YOU FEEL 5 miles + STRENGTH TRAINING	10 miles LONG RUN
8	FLEX	TEMPO RUN 6 miles + STRENGTH TRAINING	OFF	6 miles	OFF	AS YOU FEEL 5 miles + STRENGTH TRAINING	16 miles LONG RUN

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WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9	FLEX	INTERVALS 5 miles + STRENGTH TRAINING	OFF	5 miles	OFF	AS YOU FEEL 5 miles + STRENGTH TRAINING	10 miles LONG RUN
10	FLEX	HILLS 5 miles + STRENGTH TRAINING	OFF	6 miles	OFF	AS YOU FEEL 4 miles + STRENGTH TRAINING	18 miles LONG RUN
11	FLEX	TEMPO RUN 8 miles + STRENGTH TRAINING	OFF	8 miles	OFF	AS YOU FEEL 5 miles + STRENGTH TRAINING	10 miles LONG RUN
12	FLEX	INTERVALS 4 miles + STRENGTH TRAINING	OFF	6 miles	OFF	OFF	20 miles LONG RUN [or 3:30 max]
13	FLEX	HILLS 4 miles + STRENGTH TRAINING	OFF	8 miles	OFF	AS YOU FEEL 5 miles + STRENGTH TRAINING	10 miles LONG RUN
14	FLEX	TEMPO RUN 4 miles + STRENGTH TRAINING	OFF	6 miles	OFF	AS YOU FEEL 4 miles + STRENGTH TRAINING	12 miles LONG RUN
15	FLEX	TEMPO RUN 3 miles + STRENGTH TRAINING	OFF	5 miles	OFF	AS YOU FEEL 4 miles + STRENGTH TRAINING	7 miles LONG RUN
16	FLEX	3 miles + STRENGTH TRAINING	OFF	3 miles	OFF	AS YOU FEEL 2 miles	RACE DAY 26.2 miles