

women's **Running** 8-Week Marathon Training Plan

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	40 min CROSS-TRAINING	8 x 90 sec hill with a jog back down for recovery between each set	4 miles + STRENGTH TRAINING	10 miles	OFF	4.5 miles	18 miles
2	40 min CROSS-TRAINING	3 x 1.25 miles (10K pace) with 3 min jog to recovery between each set	4 miles + STRENGTH TRAINING	10 miles	OFF	4 miles total including 8 x 100m strides with jog back recovery between each	16 miles
3	40 min CROSS-TRAINING	8 x 400m (85-90% percent max effort) with 2:30 min jog to recovery between each set	4 miles + STRENGTH TRAINING	10 miles	OFF	4.5 miles	20 miles
4	40 min CROSS-TRAINING	4.5 miles	4 miles + STRENGTH TRAINING	10 miles	OFF	5 x 800m (85% max effort) with 2:30 min jog to recovery between each set	15 miles
5	40 min CROSS-TRAINING	5 min @ 10K pace, 2 minute jogs x 5	4 miles + STRENGTH TRAINING	10 miles	OFF	4 miles	21 miles
6	40 min CROSS-TRAINING	4.5 miles	4 miles + STRENGTH TRAINING	10 miles	OFF	4 miles total including 8 x 100m strides with a jog back to recovery between each set	16 miles
7	40 min CROSS-TRAINING	3 min "on" (10K pace), 2 minutes "off" (recovery pace) x 6	40 min CROSS-TRAINING	6 miles	OFF	4 x 5 min @ 5K pace with 2:30 min recovery between each set	12 miles
8	STRENGTH TRAINING	4.5 miles EASY	6 miles EASY	4 miles EASY	OFF	3 miles EASY	MARATHON!