

Marathon Training Plan

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	PT / Endurance Focused Lift	30 min or OFF	6-8 x 400m @ HM-10K w/ 400m jog recovery	PT / Endurance Focused Lift	30 min run or 45-60 min cross-train	75-90 min	30 min or OFF
2	PT / Endurance Focused Lift	30 min or OFF	4-6 x 800m @ HM w/ 2 min jog recovery	PT / Endurance Focused Lift	30 min run or 45-60 min cross-train	75-90 min	30 min or OFF
3	PT / Endurance Focused Lift	30 min or OFF	3-4 x 1 mile @ M-HM w/ 1 min walk recovery	PT / Endurance Focused Lift	30 min run or 45-60 min cross-train	75-90 min	30 min or OFF
4	PT / Endurance Focused Lift	30 min or OFF	45 min run	PT / Endurance Focused Lift	30 min run or 45-60 min cross-train	10 miles	30 min or OFF
5	PT / Endurance Focused Lift	30-40 min or OFF	8-10 x 45 sec hill w/ jog down recovery	PT / Endurance Focused Lift	30-40 min Run or 45-60 min cross-train	12 miles	30-40 min or OFF
6	PT / Endurance Focused Lift	30-40 min or OFF	25-35 min Continuous @ M	PT / Endurance Focused Lift	30-40 min Run or 45-60 min cross-train	14 miles	30-40 min or OFF
7	PT / Endurance Focused Lift	30-45 min or OFF	8-10 x 60 sec hill w/ jog down recovery	PT / Endurance Focused Lift	30-45 min Run or 45-60 min cross-train	16 miles	30-45 min or OFF
8	PT / Endurance Focused Lift	30-45 min or OFF	45 min run	PT / Endurance Focused Lift	30-45 min Run or 45-60 min cross-train	18 miles	30-45 min or OFF

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9	PT / Endurance Focused Lift	30-40 min or OFF	8-10 x 400m @ 10K-5K w/ 400m jog recovery	PT / Endurance Focused Lift	30-40 min Run or 45-60 min cross-train	12 miles	30-40 min or OFF
10	PT / Endurance Focused Lift	30-40 min or OFF	10-12 x 30 sec hill w/ jog down recovery	PT / Endurance Focused Lift	30-40 min Run or 45-60 min cross-train	13.1 miles	30-40 min or OFF
11	PT / Endurance Focused Lift	30-45 min or OFF	4-6 x 1 mile @ M-HM w/ 1 min walk recovery	PT / Endurance Focused Lift	30-45 min Run or 45-60 min cross-train	12 miles	30-45 min or OFF
12	PT / Endurance Focused Lift	30-45 min or OFF	35-45 min Continuous @ M	PT / Endurance Focused Lift	30-45 min Run or 45-60 min cross-train	20 miles	30 min or OFF
13	PT / Endurance Focused Lift	30-40 min or OFF	45 min run	PT / Endurance Focused Lift	30-40 min Run or 45-60 min cross-train	14 miles	30-40 min or OFF
14	PT / Endurance Focused Lift	30-40 min or OFF	6-8 x 800m @ HM w/ 2 min jog recovery	PT / Endurance Focused Lift	30-40 min Run or 45-60 min cross-train	14 miles	30-40 min or OFF
15	PT / Endurance Focused Lift	30 min or OFF	45 min run	30-45 min Run or 45-60 min cross-train	30 min run or cross-train	10 miles	30 min or OFF
16	PT / Endurance Focused Lift	30 min or OFF	4 x 1200m (3 @ M, 1 @ HM) w/ 2 min recovery jog	30 min run or cross-train	30 min run or cross-train	26.2	30 min or OFF