



Suggested Marathon Training Schedule

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (long run)	Sunday
1	Strength train	3 miles	Strength train	3 miles	Day off	6 miles	Cross train
2	Strength train	3 miles	Strength train	4 miles	Day off	8 miles	Cross train
3	Strength train	4 miles	Strength train	4 miles	Day off	8 miles	Cross train
4	Strength train	4 miles	Strength train	5 miles	Day off	10 miles	Cross train
5	Strength train	4 miles	Strength train	5 miles	Day off	12 miles	Cross train
6	Strength train	5 miles	Strength train	5 miles	Day off	10 miles	Cross train
7	Strength train	5 miles; 30/30 intervals	Strength train	6 miles	Day off	14 miles	Cross train
8	Strength train	5 miles; 30/30 intervals	Strength train	6 miles	Day off	10 miles	Cross train
9	Strength train	6 miles; 30/30 intervals	Strength train	6 miles	Day off	16 miles	Cross train
10	Strength train	6 miles; 30/30 intervals	Strength train	6 miles	Day off	10 miles	Cross train
11	Strength train	6 miles; 30/30 intervals	Strength train	7 miles	Day off	18 miles	Cross train
12	Day off	6 miles; 30/30 intervals	Strength train	7 miles	Day off	10 miles	Cross train
13	Strength train	7 miles; 30/30 intervals	Strength train	7 miles	Day off	20 miles	Cross train
14	Strength train	5 miles; 30/30 intervals	Strength train	6 miles	Day off	10 miles	Cross train
15	Strength train	7 miles; 30/30 intervals	Strength train	7 miles	Day off	8 miles	Cross train
16	Strength train	6 miles; 30/30 intervals	Strength train	3 miles	Day off	2 miles	Race day