



Full Marathon Training Program

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total Weekly Miles
1	45 min cross train	Easy 5 m run	Tempo 6.5 miles	Stretch & Strength	Rest	45 min cross or 5 miles	Race Pace 8 miles	19.5 - 24.5 Miles
2	45 min cross train	Easy 5 m run	Tempo 7.5 miles	Stretch & Strength	Rest	45 min cross or 5 miles	Race Pace 10 miles	22.5 - 27.5 Miles
3	45 min cross train	Easy 5 m run	Tempo 8.5 miles	Stretch & Strength	Rest	45 min cross or 5 miles	Race Pace 12 miles	25.5 - 30.5 Miles
4 Recovery Week	45 min cross train	Easy 4 m run	Tempo 6.5 miles	Stretch & Strength	Rest	45 min cross or 5 miles	Race Pace 8 miles	18.5 - 23.5 Miles
5	45 min cross train	Easy 6 m run	Tempo 8.5 miles	Stretch & Strength	Rest	45 min cross or 5 miles	Race Pace 12 miles	26.5 - 31.5 Miles
6	45 min cross train	Easy 6 m run	Tempo 8.5 miles	Stretch & Strength	Rest	45 min cross or 5 miles	Race Pace 13 miles	27.5 - 32.5 Miles
7	45 min cross train	Easy 6 m run	Tempo 8.5 miles	Stretch & Strength	Rest	45 min cross or 5 miles	Race Pace 15 miles	29.5 - 34.5 Miles
8 Recovery Week	45 min cross train	Easy 4 m run	Tempo 6.5 miles	Stretch & Strength	Rest	45 min cross or 5 miles	Race Pace 10 miles	20.5 - 25.5 Miles

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Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total Weekly Miles
9	45 min cross train	Easy 8 m run	Tempo 8.5 miles	Stretch & Strength	Rest	45 min cross or 5 miles	Race Pace 16 miles	32.5 - 37.5 Miles
10	45 min cross train	Easy 8 m run	Tempo 8.5 miles	Stretch & Strength	Rest	45 min cross or 5 miles	Race Pace 18 miles	34.5 - 39.5 Miles
11	45 min cross train	Easy 8 m run	Tempo 8.5 miles	Stretch & Strength	Rest	45 min cross or 5 miles	Race Pace 20 miles	36.5 - 41.5 Miles
12 Recovery Week	45 min cross train	Easy 4 m run	Tempo 6.5 miles	Stretch & Strength	Rest	45 min cross or 5 miles	Race Pace 14 miles	28.5 - 32.5 Miles
13	45 min cross train	Easy 10 m run	Tempo 9.5 miles	Stretch & Strength	Rest	45 min cross or 5 miles	Race Pace 22 miles	41.5 - 46.5 Miles
14	45 min cross train	Easy 6 m run	Tempo 8.5 miles	Stretch & Strength	Rest	45 min cross or 5 miles	Race Pace 15 miles	29.5 - 34.5 Miles
15 Taper Week	45 min cross train	Easy 4 m run	Tempo 6.5 miles	Stretch & Strength	Rest	45 min cross or 5 miles	Race Pace 10 miles	20.5 - 25.5 Miles
16 - Race Week	45 min cross train	Rest	Easy 3 miles	30 min walk	Rest	Walk / Jog 2 miles	MARATHON!	31.2 Miles

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