

This training plan is for the first-timers with a background in the sport, or second-timers looking to train just a bit harder for their next marathon. The long run mileage is slightly higher, with pace runs on some Wednesdays. Add strength training on Tuesday and Thursday!

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Rest	3-mile run	5-mile pace	3-mile run	Rest	8-mile run	Cross-train
2	Rest	3-mile run	5-mile run	3-mile run	Rest	9-mile run	Cross-train
3	Rest	3-mile run	5-mile pace	3-mile run	Rest	6-mile run	Cross-train
4	Rest	3-mile run	6-mile run	3-mile run	Rest	11-mile run	Cross-train
5	Rest	3-mile run	6-mile pace	3-mile run	Rest	12-mile run	Cross-train
6	Rest	3-mile run	7-mile run	3-mile run	Rest	9-mile run	Cross-train
7	Rest	4-mile run	7-mile pace	4-mile run	Rest	14-mile run	Cross-train
8	Rest	4-mile run	7-mile run	4-mile run	Rest	15-mile run	Cross-train
9	Rest	4-mile run	7-mile pace	4-mile run	Rest	Rest	Half Marathon
10	Rest	4-mile run	8-mile pace	4-mile run	Rest	17-mile run	Cross-train

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Marathon Novice



Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
11	Rest	5-mile run	8-mile run	5-mile run	Rest	18-mile run	Cross-train
12	Rest	5-mile run	8-mile pace	5-mile run	Rest	13-mile run	Cross-train
13	Rest	5-mile run	5-mile pace	5-mile run	Rest	19-mile run	Cross-train
14	Rest	5-mile run	8-mile run	5-mile run	Rest	12-mile run	Cross-train
15	Rest	5-mile run	5-mile pace	5-mile run	Rest	20-mile run	Cross-train
16	Rest	5-mile run	4-mile pace	5-mile run	Rest	12-mile run	Cross-train
17	Rest	4-mile run	3-mile run	4-mile run	Rest	8-mile run	Cross-train
18	Rest	3-mile run	2-mile run	Rest	Rest	2-mile run	Marathon