

# MARATHON TRAINING PLAN



Week	Week of	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1		5	6	X	5	X	7	R
2		5	6	X	5	X	8	R
3		5	6	X	5	X	10	R
4		5	6	X	6	X	8	R
5		6	6	X	6	X	10	R
6		6	6	X	6	X	12	R
7		5	6	X	5	X	12	R
8		6	6	X	6	X	14	R
9		5	6	X	6	X	12	R
10		7	6	X	6	X	16	R
11		6	6	X	6	X	14	R
12		7	6	X	6	X	18 or 20	R
13		6	7	X	6	X	14	R
14		7	6	X	6	X	20	R
15		6	6	X	6	X	12	R
16		7	6	X	6	X	8	R
17		4	3	R	3	X	2	<b>MARATHON</b>

X = Cross Training

R = Recovery