



SAMPLE MARATHON TRAINING PROGRAM

To begin training, you must be able to run 5 miles without stopping. You should be running at least three times a week, 15-18 total miles per week. This plan focuses on slow, steady improvement and includes one day per week of cross-training to build endurance and actively rest running muscles.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	30 min moderate	30-40 min cross-train	30 min moderate	Rest	30 min easy	5 mile run conversational	Rest
Week 2	35 min moderate	30-40 min cross-train	40 min moderate	Rest	30 min easy	6 mile run conversational	Rest
Week 3	45 min moderate	30-40 min cross-train	45 min moderate	Rest	40 min easy	8 mile run conversational	Rest
Week 4	50 min moderate	30-40 min cross-train	45 min moderate	Rest	40 min easy	10 mile run conversational	Rest
Week 5	60 min moderate	30-40 min cross-train	50 min moderate	Rest	45 min easy	9 mile run conversational	Rest
Week 6	70 min moderate	30-40 min cross-train	60 min moderate	Rest	45 min easy	12 mile run conversational	Rest
Week 7	80 min moderate	30-40 min cross-train	60 min moderate	Rest	45 min easy	14 mile run conversational	Rest
Week 8	90 min moderate	30-40 min cross-train	70 min moderate	Rest	45 min easy	16 mile run conversational	Rest
Week 9	60 min moderate	30-40 min cross-train	60 min moderate	Rest	45 min easy	13 mile run conversational	Rest
Week 10	80 min moderate	30-40 min cross-train	70 min moderate	Rest	45 min easy	15 mile run conversational	Rest
Week 11	105 min moderate	30-40 min cross-train	90 min moderate	Rest	45 min easy	17 mile run conversational	Rest
Week 12	110 min moderate	30-40 min cross-train	90 min moderate	Rest	50 min easy	18 mile run conversational	Rest
Week 13	120 min moderate	30-40 min cross-train	90 min moderate	Rest	45 min easy	16 mile run conversational	Rest
Week 14	120 min moderate	30-40 min cross-train	90 min moderate	Rest	60 min easy	20 mile run conversational	Rest
Week 15	90 min moderate	30-40 min cross-train	60 min moderate	Rest	45 min easy	13 mile run conversational	Rest
Week 16	60 min moderate	30-40 min cross-train	45 min moderate	Rest	30 min easy	9 mile run conversational	Rest
Week 17	45 min moderate	30-40 min cross-train	45 min moderate	Rest	30 min easy	5 mile run conversational	Rest
Week 18	30 min moderate	30-40 min cross-train	30 min moderate	20 min easy	Rest	Marathon	

KEY:

Conversational: 65-70% of maximum heart rate (MHR) or a perceived exertion (PE) level of 6 on scale of 1-10.

Easy: 70-75% of max HR or PE 7.

Moderate: 80-85% of MHR or PE 8.

Cross-training: Strength training and/or cardio work other than running and walking, such as cycling, swimming, or elliptical training. Try to stay at 65-75% of max HR or PE of 7.

Warm-up: Use an active warmup and walk five minutes at an easy pace before every run.

Cool down: Walk five minutes at an easy pace and stretch/foam roll after every run.

DISCLAIMER AND RELEASE OF LIABILITY: Participating in a marathon, whether running or walking, has inherent risks involved and could potentially be considered a hazardous activity. Not only the numerous injuries that you may incur by training and running in these events, but past history has shown that some runners have died during and upon completion of a marathon. GOLD IN SEPTEMBER are not responsible for any injuries or deaths. You must have medical clearance from your doctor before you engage in any exercise program and are properly trained before participating in these types of events.