

16 Week Marathon Training Schedule

	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
ADAPT	1	Rest	3 miles	1 mile x4	3 miles	Rest	3 miles	5 miles	18 miles
	2	Rest	3 miles	1 mile x4	3 miles	Rest	3 miles	6 miles	19 miles
	3	Rest	3 miles	1 mile x5	3 miles	Rest	4 miles	7 miles	22 miles
	4	Rest	4 miles	1 mile x5	4 miles	Rest	4 miles	8 miles	25 miles
BUILD UP	5	Rest	4 miles	1 mile x6	4 miles	Rest	5 miles	9 miles	28 miles
	6	Rest	4 miles	1 mile x6	4 miles	Rest	5 miles	10 miles	29 miles
	7	Rest	5 miles	1 mile x7	5 miles	Rest	5 miles	12 miles	34 miles
	8	Rest	5 miles	1 mile x7	5 miles	Rest	5 miles	14 miles	36 miles
	9	Rest	5 miles	1 mile x7	5 miles	Rest	5 miles	16 miles	38 miles
	10	Rest	6 miles	1 mile x8	6 miles	Rest	5 miles	18 miles	43 miles
	11	Rest	6 miles	1 mile x8	6 miles	Rest	5 miles	20 miles	45 miles
	12	Rest	4 miles	1 mile x6	4 miles	Rest	5 miles	12 miles	31 miles
	13	Rest	5 miles	1 mile x6	5 miles	Rest	13 miles	13 miles	42 miles
TAPER	14	Rest	4 miles	1 mile x5	4 miles	Rest	4 miles	12 miles	29 miles
	15	Rest	4 miles	1 mile x5	4 miles	Rest	4 miles	9 miles	26 miles
	16	Rest	4 miles	1 mile x4	3 miles	Rest	Rest	Race Day	37.2 miles