

MARATHON TRAINING LOG

Runner: _____ Goal Time: _____ Start Date: _____

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN (LONG)
1	Rest	3m Easy	4m Easy	3m Easy	Rest	Cross	6 Miles
2	Rest	3m Easy	5m Easy	3m Easy	Rest	Cross	8 Miles
3	Rest	4m Easy	5m Easy	4m Easy	Rest	Cross	10 Miles
4	Rest	4m Easy	6m Tempo	4m Easy	Rest	Cross	12 Miles
5	Rest	5m Easy	7m Easy	5m Easy	Rest	Cross	14 Miles

Notes: Cross = Cross Training (Cycle/Swim). Easy = Conversational pace. Tempo = Marathon goal pace.