

# COUCH TO MARATHON: 24-WEEK TRAINING SCHEDULE

NAME: \_\_\_\_\_ START DATE: \_\_\_\_\_

<b>01</b>	<i>Rest</i>	2m Walk/Run	2m Walk/Run	2m Walk/Run	<i>Rest</i>	3m Walk	<b>4m Walk/Run</b>
<b>04</b>	<i>Rest</i>	3m Run	3m Run	3m Run	<i>Rest</i>	4m Run	<b>7m Run</b>
<b>08</b>	<i>Rest</i>	4m Run	5m Run	4m Run	<i>Rest</i>	Cross- Train	<b>10m Run</b>
<b>12</b>	<i>Rest</i>	5m Run	7m Run	5m Run	<i>Rest</i>	Cross- Train	<b>13.1m (Half)</b>
<b>16</b>	<i>Rest</i>	6m Run	8m Run	6m Run	<i>Rest</i>	Cross- Train	<b>16m Run</b>
<b>20</b>	<i>Rest</i>	7m Run	10m Run	7m Run	<i>Rest</i>	Cross- Train	<b>20m Run</b>
<b>24</b>	<i>Rest</i>	3m Easy	2m Easy	Rest	Rest	1m Shakeout	<b>26.2m RACE</b>

**Rest:** Complete recovery or light stretching.

**Cross-Train:** Cycling, swimming, or strength.

**Long Run:** Slow, conversational pace.