

MARATHON TRAINING SCHEDULE

Level: Novice / First-Timer Duration: 16 Weeks Goal: Completion

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN (LONG)
1	<i>Rest</i>	3 Miles	3 Miles	3 Miles	<i>Rest</i>	Cross-Train	6 Miles
2	<i>Rest</i>	3 Miles	4 Miles	3 Miles	<i>Rest</i>	Cross-Train	7 Miles
3	<i>Rest</i>	3 Miles	4 Miles	3 Miles	<i>Rest</i>	Cross-Train	8 Miles
4	<i>Rest</i>	3 Miles	5 Miles	3 Miles	<i>Rest</i>	Cross-Train	9 Miles
...			Intervals / Hill Repeats / Increase Volume				
12	<i>Rest</i>	5 Miles	8 Miles	5 Miles	<i>Rest</i>	30m Walk	18 Miles
14	<i>Rest</i>	5 Miles	10 Miles	5 Miles	<i>Rest</i>	30m Walk	20 Miles
16	<i>Rest</i>	3 Miles	2 Miles	<i>Rest</i>	<i>Rest</i>	2 Miles	26.2 MILES

Notes: "Cross-Train" includes cycling, swimming, or strength training. "Rest" is vital for injury prevention.