

# LOW-MILEAGE MARATHON TRAINING

16-Week Base-to-Finish Schedule â€¢ Focus: Consistency & Recovery

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	<i>Rest</i>	3 mi	<i>Rest</i>	3 mi	<i>Rest</i>	<b>6 mi</b>	<i>Rest</i>
4	<i>Rest</i>	4 mi	<i>Rest</i>	4 mi	<i>Rest</i>	<b>8 mi</b>	<i>Rest</i>
8	<i>Rest</i>	5 mi	<i>Rest</i>	5 mi	<i>Rest</i>	<b>12 mi</b>	<i>Rest</i>
12	<i>Rest</i>	6 mi	<i>Rest</i>	6 mi	<i>Rest</i>	<b>18 mi</b>	<i>Rest</i>
14	<i>Rest</i>	5 mi	<i>Rest</i>	4 mi	<i>Rest</i>	<b>20 mi</b>	<i>Rest</i>
16	<i>Rest</i>	3 mi	<i>Rest</i>	2 mi	<i>Rest</i>	<i>Rest</i>	<b>26.2</b>

**Notes:** All weekday runs at easy conversational pace. Long runs are for time on feet. Cross-train (bike/swim) on Wednesdays if feeling fresh.