

# 16-WEEK MARATHON TRAINING SCHEDULE

Target Goal: 26.2 Miles

<b>1</b>	<i>Rest</i>	3m Easy	3m Easy	3m Easy	<i>Rest</i>	6m Run	Rest
<b>2</b>	<i>Rest</i>	3m Easy	4m Easy	3m Easy	<i>Rest</i>	7m Run	Rest
<b>3</b>	<i>Rest</i>	3m Easy	4m Easy	3m Easy	<i>Rest</i>	8m Run	Rest
<b>4</b>	<i>Rest</i>	4m Easy	5m Easy	4m Easy	<i>Rest</i>	9m Run	Rest
<b>8</b>	<i>Rest</i>	5m Easy	8m Tempo	5m Easy	<i>Rest</i>	<b>14m Long</b>	Rest
<b>12</b>	<i>Rest</i>	6m Easy	10m Tempo	6m Easy	<i>Rest</i>	<b>18m Long</b>	Rest
<b>14</b>	<i>Rest</i>	6m Easy	8m Tempo	6m Easy	<i>Rest</i>	<b>20m Peak</b>	Rest
<b>15</b>	<i>Rest</i>	4m Easy	5m Easy	3m Easy	<i>Rest</i>	8m Run	Rest

**16**

*Rest*

3m Easy

2m Easy

*Rest*

Rest

**MARATHON**

Rest

Notes: "m" denotes miles. Always warm up before tempo runs. Listen to your body and adjust rest days as needed.