

20-WEEK MARATHON TRAINING SCHEDULE

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun (Long)
1	Rest	3m	3m	3m	Rest	3m	6 miles
2	Rest	3m	4m	3m	Rest	3m	7 miles
3	Rest	3m	4m	3m	Rest	4m	8 miles
4	Rest	3m	5m	3m	Rest	4m	9 miles
...
18	Rest	5m	8m	5m	Rest	4m	20 miles
19	Rest	4m	5m	3m	Rest	3m	10 miles
20	Rest	3m	3m	2m	Rest	Rest	26.2 MILES