

MARATHON WALKING TRAINING SCHEDULE

Phase: Base & Endurance Goal: 26.2 Miles Duration: 16 Weeks

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN (LONG)
1	<i>Rest</i>	3 mi	3 mi	3 mi	<i>Rest</i>	4 mi	6 mi
2	<i>Rest</i>	3 mi	4 mi	3 mi	<i>Rest</i>	5 mi	8 mi
3	<i>Rest</i>	4 mi	4 mi	4 mi	<i>Rest</i>	5 mi	10 mi
4	<i>Rest</i>	4 mi	5 mi	4 mi	<i>Rest</i>	6 mi	12 mi
5							

Notes: Focus on consistent pacing. Stay hydrated. Incorporate stretching and strength training on rest days if needed.