

## BEGINNER'S MARATHON TRAINING PLAN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b>	Diagnostic run (3–4 miles)			Recovery run (3 miles)  Pace:			Long slow run (4 miles)  Pace:
<b>Week 2</b>		Cross training (45 minutes)		Recovery run (3 miles)  Pace:			Long slow run (6–8 miles)  Pace:
<b>Week 3</b>		Cross training (45 minutes)		Tempo run (1–2 miles)  Pace:			Long slow run (7–9 miles)  Pace:
<b>Week 4</b>		Cross training (45–60 minutes)		Tempo run (2 miles)  Pace:			Long slow run (8–10 miles)  Pace:
<b>Week 5</b>		Cross training (60 minutes)		Tempo run (2–3 miles)  Pace:			Long slow run (9–11 miles)  Pace:
<b>Week 6</b>		Recovery run (3–4 miles)  Pace:		Tempo run (3 miles)  Pace:			Long slow run (10–12 miles)  Pace:
<b>Week 7</b>		Recovery run (4–5 miles)  Pace:		Tempo run (3 miles)  Pace:			Long slow run (11–13 miles)  Pace:
<b>Week 8</b>		Cross training (60–90 minutes)		Tempo run (3–4 miles)  Pace:			Long slow run (12–14 miles)  Pace:
<b>Week 9</b>		Recovery run (4–5 miles)		Tempo run (4–5 miles)  Pace:			Long slow run (13–15 miles)  Pace:
<b>Week 10</b>		Cross training (90 minutes)		Tempo run (5–6 miles)  Pace:			Long slow run (14–16 miles)  Pace:
<b>Week 11</b>		Cross training (90 minutes)		Tempo run (6–8 miles)  Pace:			Long slow run (15–17 miles)  Pace:
<b>Week 12</b>		Cross training (90 minutes)		Tempo run (7–9 miles)  Pace:	Recovery run (3–4 miles)  Pace:		Long slow run (16–18 miles)  Pace:
<b>Week 13</b>		Cross training (90 minutes)		Tempo run (8–10 miles)  Pace:	Recovery run (3–4 miles)  Pace:		Long slow run (17–19 miles)  Pace:
<b>Week 14</b>		Cross training (90 minutes)		Tempo run (8–10 miles)  Pace:	Recovery run (3–4 miles)  Pace:		Long slow run (18–20 miles)  Pace:
<b>Week 15</b>		Recovery run (6–8 miles)  Pace:		Tempo run (10–12 miles)  Pace:			Recovery run (10–12 miles)  Pace:
<b>Week 16</b>		Cross training (60 minutes)					Race day  Pace: