



TRAINING PLANS

22-Week Marathon Training Schedule

This 22-week plan will get first-time marathoners ready for 26.2 miles on race day with 4 days of running per week.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest	Run 3 miles	Rest	Run 3 miles	Rest	Run 3 miles easy pace	Run 2 miles easy pace
2	Rest	Run 3 miles	Cross-train or rest	Run 3 miles	Rest	Run 4 miles easy pace	Run 3 miles easy pace
3	Rest	Run 3 miles	Cross-train	Run 4 miles	Cross-train or rest	Run 5 miles easy pace	Run 3 miles easy pace
4	Rest	Run 3 miles	Cross-train	Run 4 miles	Cross-train or rest	Run 6 miles easy pace	Run 3 miles easy pace
5	Rest	Run 4 miles	Cross-train	Run 4 miles	Cross-train or rest	Run 7 miles easy pace	Run 3 miles easy pace
6	Rest	Run 5 miles	Cross-train	Run 4 miles	Cross-train or rest	Run 8 miles easy pace	Run 3 miles easy pace
7	Rest	Run 5 miles	Cross-train	Run 4 miles	Rest	Run 9 miles easy pace	Run 3 miles easy pace
8	Rest	Run 5 miles	Cross-train	Run 4 miles	Cross-train or rest	Run 10 miles easy pace	Run 3 miles easy pace
9	Rest	Run 5 miles	Run 3 miles	Run 4 miles	Rest	Run 6 miles easy pace	Run 4 miles easy pace
10	Rest	Run 5 miles	Cross-train	Run 4 miles	Rest	Run 12 miles easy pace	Run 4 miles easy pace
11	Rest	Run 5 miles	Cross-train	Run 4 miles	Cross-train or rest	Run 13 miles easy pace	Run 4 miles easy pace
12	Rest	Run 5 miles	Cross-train	Run 5 miles (1 mile at race pace)	Rest	Run 14 miles easy pace	Run 4 miles easy pace



TRAINING PLANS (WEEKS 13-22)

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
13	Rest	Run 5 miles	Cross-train	Run 5 miles (2 miles at race pace)	Cross-train or rest	Run 10 miles easy pace	Run 4 miles easy pace
14	Rest	Run 6 miles	Cross-train	Run 5 miles (2 miles at race pace)	Cross-train or rest	Run 16 miles easy pace	Run 4 miles easy pace
15	Rest	Run 6 miles	Cross-train	Run 5 miles (3 miles at race pace)	Cross-train or rest	Run 10 miles easy pace	Run 4 miles easy pace
16	Rest	Run 5 miles	Cross-train	Run 5 miles (3 miles at race pace)	Cross-train or rest	Run 18 miles easy pace	Run 4 miles easy pace
17	Rest	Run 5 miles	Cross-train	Run 5 miles (3 miles at race pace)	Cross-train or rest	Run 10 miles easy pace	Run 5 miles easy pace
18	Rest	Run 6 miles	Cross-train	Run 6 miles (4 miles at race pace)	Rest	Run 20 miles easy pace	Run 4 miles easy pace
19	Rest	Run 5 miles	Cross-train	Run 5 miles	Cross-train or rest	Run 14 miles easy pace	Run 4 miles easy pace
20	Rest	Run 4 miles	Cross-train	Run 4 miles	Cross-train or rest	Run 12 miles easy pace	Run 3 miles easy pace
21	Rest	Run 4 miles	Cross-train	Run 3 miles	Cross-train or rest	Run 8 miles easy pace	Run 3 miles easy pace
22	Rest	Run 2 miles	Run 30 min.	Rest	Run 20 min.	Race Day!	Rest