

Marathon Training Program - Beginner

Assumes 3 months running experience with a base of 15 miles per week

	Week	Sat - Week Ending Date	Sun	Mon	Tues	Weds	Thurs	Fri	Sat	Total Miles
BASE BUILDING	18	08/08/09	Rest	2	4	2	4	Rest or X-train	6	18
	17	08/15/09	Rest	2	4	2	4	Rest or X-train	7	21
	16	08/22/09	Rest	2	5	2	4	Rest or X-train	8	21
	15	08/29/09	Rest	2	5	2	5	Rest or X-train	9	23
	14	09/05/09	Rest	3	5	3	5	Rest or X-train	10	26
	13	09/12/09	Rest	3	6	3	5	Rest or X-train	11	28
	12	09/19/09	Rest	3	6	3	6	Rest or X-train	12	30
	11	09/26/09	Rest	3	6	3	6	Rest or X-train	13	31
	10	10/03/09	Rest	3	6	3	6	Rest or X-train	14	32
	9	10/10/09	Rest	4	6	4	6	Rest or X-train	12	32
	8	10/17/09	Rest	4	7	4	7	Rest or X-train	16	38
	7	10/24/09	Rest	4	8	4	8	Rest or X-train	12	36
	6	10/31/09	Rest	4	8	4	8	Rest or X-train	18	42
	5	11/07/09	Rest	4	8	4	8	Rest or X-train	12	36
Tapering	4	11/14/09	Rest	4	8	4	8	Rest or X-train	20	44
	3	11/21/09	Rest	4	4P	4	8	Rest or X-train	14	34
	2	11/28/09	Rest	4	4P	4	6	Rest or X-train	8	26
	1	12/05/09	Rest	4	2	2+	2+	Rest or X-train	Race	36.2
<p>P = Pace Runs consist of: 1 mile warmup 4 intervals of 100M run and 100M walk 4 intervals of 200M run 200M jog A Pace run of 1.5 miles at marathon goal pace 1 Mile cooldown</p>										

