



Marathon Training Plan · *On the Roads*

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	30-50 min run	12x 90 sec @ 10k pace w/ 60 sec rest	30-50 min run or Off	4x 6 min @ HM pace w/ 2 min rest	30-50 min run or Off	30-50 min run or Off	7-10 miles
2	30-50 min run	5x 4 min starting @ HM pace w/ 60 sec rest	30-50 min run or Off	10x 60 sec Hill @ 10k effort w/ jog down rest	30-50 min run or Off	30-50 min run or Off	8-11 miles
3	30-50 min run	6x 3 min, 4x 90 sec @ HM, 5k paces w/ 90 sec rest	30-50 min run or Off	4x 10 min startig @ Goal Marathon to 10k pace w/ 2 min rest	30-50 min run or Off	30-50 min run or Off	10-12 miles
4	30-50 min run	16x 30 sec starting @ 10k pace w/ 60 sec rest	30-50 min run or Off	50 min progressive tempo @ Goal Marathon pace	30-50 min run or Off	30-50 min run or Off	14 miles
5	30-50 min run	4x 5 min, 2x 90 sec @ HM, 5k pace w/ 90 sec rest	30-50 min run or Off	10x 75 sec Hill @ 10k effort w/ jog down rest	30-50 min run or Off	30-50 min run or Off	14 miles w/ miles 11-12 at HM pace
6	30-50 min run	14x 90 sec starting @ 10k pace w/ 90 sec rest	30-50 min run or Off	5x 6 min @ HM pace w/ 90 sec rest	30-50 min run or Off	30-50 min run or Off	16 miles
7	40-60 min run	20x 30 sec starting @ 10k pace w/ 60 sec rest	40-60 min run or Off	2x 20 min @ HM pace w/ 2 min rest	40-60 min run or Off	40-60 min run or Off	20 miles
8	40-60 min run	6x 3 min, 4x 30 sec @ HM, Mile pace w/ 90 sec rest	40-60 min run or Off	4x 10 min startig @ Goal Marathon to 10k pace w/ 2 min rest	40-60 min run or Off	40-60 min run or Off	16 miles w/ miles 10-12 at HM pace
9	40-60 min run	5x 4 min, 4x 90 sec @ HM, 5k pace w/ 90 sec rest	40-60 min run or Off	40 min progressive tempo @ HM pace	40-60 min run or Off	40-60 min run or Off	16 miles
10	40-60 min run	7x 3 min starting @ HM pace w/ 2 min rest	40-60 min run or Off	2x 4, 3, 2, 1 min starting @ 10k pace w/ 90 sec rest	40-60 min run or Off	40-60 min run or Off	22 miles
11	40-60 min run	10x 2 min starting @ 10k pace w/ 90 sec rest	40-60 min run or Off	5x 6 min @ HM pace w/ 2 min rest	40-60 min run or Off	40-60 min run or Off	14 miles w/ miles 10-12 at HM pace
12	40-60 min run	4x 4 min, 4x 30 sec @ HM, Mile pace w/ 2 min rest	40-60 min run or Off	3x 20 min starting @ Goal Marathon to 10k pace w/ 3 min rest	40-60 min run or Off	40-60 min run or Off	14 miles
13	40-60 min run	6x 4 min 2x 30 sec @ HM, Mile pace w/ 90 sec rest	40-60 min run or Off	4x 12 min starting @ Goal Marathon to 10k pace w/ 2 min rest	40-60 min run or Off	40-60 min run or Off	18 miles
14	40-60 min run	16x 90 sec starting @ 10k pace w/ 2 min rest	40-60 min run or Off	40 min progressive tempo @ HM pace	40-60 min run or Off	40-60 min run or Off	16 miles
15	40-60 min run	6x 2 min, 6x 1 min @ 10k, Mile pace w/ 2 min rest	40-60 min run or Off	6x 6 min @ HM pace w/ 2 min rest	40-60 min run or Off	40-60 min run or Off	10 miles
16	30-50 min run or Off	2x 6 min, 2x 3 min @ Marathon, 5k pace w/ 90 sec rest	30-50 min run or Off	30-50 min run or Off	30 min or Off	20 min shake out	MARATHON

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	30-50 min run or Off	12x 400m @ 10k pace w/ 60 sec rest	30-50 min run or Off	4x 1 mile @ HM pace w/ 90 sec rest	30-50 min run or Off	30-50 min run or Off	7-10 miles
2	30-50 min run or Off	5x 1000m starting @ HM pace w/ 60 sec rest	30-50 min run or Off	10x 60 sec Hill @ 10k effort w/ jog down rest	30-50 min run or Off	30-50 min run or Off	8-11 miles
3	30-50 min run or Off	6x 800, 4x400m @ HM, 5k paces w/ 90 sec rest	30-50 min run or Off	4x 1.5 mile startig @ Goal Marathon to 10k pace w/ 2 min rest	30-50 min run or Off	30-50 min run or Off	10-12 miles
4	30-50 min run or Off	16x 200m starting @ 10k pace w/ 60 sec rest	30-50 min run or Off	6 mile progressive tempo @ Goal Marathon pace	30-50 min run or Off	30-50 min run or Off	14 miles
5	30-50 min run or Off	4x 1200m, 2x 400m @ HM, 5k pace w/ 90 sec rest	30-50 min run or Off	10x 75 sec Hill @ 10k effort w/ jog down rest	30-50 min run or Off	30-50 min run or Off	14 miles w/ miles 11-12 at HM pace
6	30-50 min run or Off	14x 400m starting @ 10k pace w/ 90 sec rest	30-50 min run or Off	5x 1 mile @ HM pace w/ 90 sec rest	30-50 min run or Off	30-50 min run or Off	16 miles
7	40-60 min run	20x 200m starting @ 10k pace w/ 60 sec rest	40-60 min run or Off	2x 3 mile @ HM pace w/ 2 min rest	40-60 min run or Off	40-60 min run or Off	20 miles
8	40-60 min run	6x 800, 4x200m @ HM, Mile pace w/ 90 sec rest	40-60 min run or Off	4x 1.5 mile startig @ Goal Marathon to 10k pace w/ 2 min rest	40-60 min run or Off	40-60 min run or Off	16 miles w/ miles 10-12 at HM pace
9	40-60 min run	5x 1000m, 4x 400m @ HM, 5k pace w/ 90 sec rest	40-60 min run or Off	5 mile progressive tempo @ HM pace	40-60 min run or Off	40-60 min run or Off	16 miles
10	40-60 min run	7x 800m starting @ HM pace w/ 2 min rest	40-60 min run or Off	2x 4, 3, 2, 1 min starting @ 10k pace w/ 90 sec rest	40-60 min run or Off	40-60 min run or Off	22 miles
11	40-60 min run	10x 600m starting @ 10k pace w/ 90 sec rest	40-60 min run or Off	5x 1 mile @ HM pace w/ 2 min rest	40-60 min run or Off	40-60 min run or Off	14 miles w/ miles 10-12 at HM pace
12	40-60 min run	4x 1200m, 4x 200m @ HM, Mile pace w/ 2 min rest	40-60 min run or Off	2x 3 mile starting @ Goal Marathon to 10k pace w/ 3 min rest	40-60 min run or Off	40-60 min run or Off	14 miles
13	40-60 min run	6x 1000m, 2x 200m @ HM, Mile pace w/ 90 sec rest	40-60 min run or Off	3x 2 mile starting @ Goal Marathon to 10k pace w/ 2 min rest	40-60 min run or Off	40-60 min run or Off	18 miles
14	40-60 min run	16x 400m starting @ 10k pace w/ 2 min rest	40-60 min run or Off	5 mile progressive tempo @ HM pace	40-60 min run or Off	40-60 min run or Off	16 miles
15	40-60 min run	6x600, 6x 300 @ 10k, Mile pace w/ 2 min rest	40-60 min run or Off	5x 1 mile @ HM pace w/ 2 min rest	40-60 min run or Off	40-60 min run or Off	10 miles
16	40-60 min run	2x 1 mile, 2x 800m @ Marathon, 5k pace w/ 90 sec rest	30-50 min run or Off	30-50 min run or Off	30 min or Off	20 min shake out	MARATHON