

9-Week Training Schedule For A Full Marathon

(for Intermediate/Experience Runners)

<u>WEEK</u>	<u>MON.</u>	<u>TUES.</u>	<u>WED.</u>	<u>THU.</u>	<u>FRI.</u>	<u>SAT.</u>	<u>SUN.</u>
1	rest	5 miles	7 miles	5 miles	6 miles (hilly run)	3 miles	9 miles
2	rest	5 miles	7 miles	5 miles	6 miles (hilly run)	3 miles	11 miles
3	rest	5 miles	7 miles	5 miles	6 miles	3 miles	12 miles
4	rest	5 miles	9 miles	5 miles	7 miles (hilly run)	3 miles	18.5 miles
5	rest	6 miles	9 miles	6 miles	7 miles (hilly run)	3 miles	12 miles
6	rest	6 miles	9 miles	6 miles	7 miles (hilly run)	3 miles	18.5 miles
7	rest	6 miles	9 miles	6 miles	6 miles (hilly run)	3 miles	15.5 miles
8	rest	5 miles	6 miles	5 miles	5 miles (hilly run)	3 miles	9 miles
9	rest	6 miles (light jog)	3 miles (light jog)	rest	rest plus carbo-load	rest plus carbo-load	RACE