

### NOVICE MARATHON TRAINING SCHEDULE

<u>WEEK</u>	<u>TUES.</u>	<u>WED.</u>	<u>THURS.</u>	<u>FRI.</u>	<u>SAT.</u>	<u>SUN.</u>	<u>MON.</u>
18	rest	3 m run	3 m run	3 m run	rest	6	cross-train
17	rest	3 m run	3 m run	3 m run	rest	7	cross-train
16	rest	3 m run	4 m run	3 m run	rest	5	cross-train
15	rest	3 m run	4 m run	3 m run	rest	9	cross-train
14	rest	3 m run	5 m run	3 m run	rest	10	cross-train
13	rest	3 m run	5 m run	3 m run	rest	7	cross-train
12	rest	3 m run	6 m run	3 m run	rest	12	cross-train
11	rest	3 m run	6 m run	3 m run	rest	13	cross-train
10	rest	3 m run	7 m run	4 m run	rest	10	cross-train
9	rest	3 m run	7 m run	4 m run	rest	15	cross-train
8	rest	4 m run	8 m run	4 m run	rest	16	cross-train
7	rest	4 m run	8 m run	5 m run	rest	12	cross-train
6	rest	4 m run	9 m run	5 m run	rest	18	cross-train
5	rest	5 m run	9 m run	5 m run	rest	14	cross-train
4	rest	5 m run	10 m run	5 m run	rest	20	cross-train
3	rest	5 m run	8 m run	4 m run	rest	12	cross-train
2	rest	4 m run	6 m run	3 m run	rest	8	cross-train
1	rest	3 m run	4 m run	2 m run	rest	rest	<b>RACE</b>

#### NOTES

\* This schedule plans for a Sunday marathon, so a general modification to the training routine is to have the final week with a rest day on Monday (1 week before Marathon Monday), 3 mile runs on Tues. AND Thurs., the 4 mile run on Wed., but the 2 mile run is moved to Fri., and the rest days are shifted accordingly, to Sat. and Sun..

\* Also, the distance days, Sat. by this schedule, are not supposed to be anywhere near race pace, especially at the beginning of training. All of the build up training is mean to be long, slow distance to allow your body to adjust and develop endurance.