



2018 Marathon Training Plan for New Runner / Walker

Base Training	WK	DATES	MON	TUES	WED	THURS	FRI	SAT	SUN
	1	APR 16-22	15 min Run 2/Walk 1	30 min Easy Walk	20 min Run 2/Walk 1	Cross Training	Rest	30 min Run 2/Walk 1	Rest
	2	APR 23 - 29	20 min Run 2/Walk 1	30 min Easy Walk	25 min Run 2/Walk 1	Cross Training	Rest	35 min Run 2/Walk 1	Rest
	3	APRIL 30 - MAY 6	25 min Run 2/Walk 1	30 min Easy Walk	30 min Run 2/Walk 1	Cross Training	Rest	40 min Run 2/Walk 1	Rest
	4	MAY 7-13	30 min Run 2/Walk 1	30 min Easy Walk	35 min Run 2/Walk 1	Cross Training	Rest	45 min Run 2/Walk 1	Rest
	5	MAY 14-20	35 min Run 2/Walk 1	30 min Easy Walk	40 min Run 2/Walk 1	Cross Training	Rest	50 min Run 2/Walk 1	Rest
	6	MAY 21-27	40 min Run 2/Walk 1	30 min Easy Walk	45 min Run 2/Walk 1	Cross Training	Rest	60 min Run 2/Walk 1	Rest
	7	MAY 28-JUN 3	45 min Run 2/Walk 1	30 min Easy Walk	50 min Run 2/Walk 1	Cross Training	Rest	5k 3.1 Miles	Rest

*Run 2/Walk 1 = Run for 2 minutes, walk for 1 minute, repeat

Regular Training	WK	DATES	MON	TUES	WED	THURS	FRI	SAT	SUN
	1	JUN 4 - 10	3 Miles Easy	3 Miles Easy	Strength & Core	3 Miles Hard	Rest	6 Miles Long	Rest
	2	JUN 11-18	3 Miles Easy	3 Miles Easy	Strength & Core	4 Miles Hard	Rest	6 Miles Long	Rest
	3	JUN 18-24	3 Miles Easy	4 Miles Easy	Strength & Core	3 Miles Hard	Rest	7 Miles Long	Rest
	4	JUN 25-JUL 1	3 Miles Easy	4 Miles Easy	Strength & Core	3 Miles Hard	Rest	8 Miles Long	Rest
	5	JUL 2-8	3 Miles Easy	5 Miles Easy	Strength & Core	3 Miles Hard	Rest	10 Miles Long	Rest
	6	JUL 9-15	3 Miles Easy	5 Miles Easy	Strength & Core	3 Miles Hard	Rest	7 Miles Long	Rest
	7	JUL 16-22	3 Miles Easy	6 Miles Easy	Strength & Core	3 Miles Hard	Rest	12 Miles Long	Rest
	8	JUL 23-29	3 Miles Easy	6 Miles Easy	Strength & Core	4 Miles Easy	Rest	13.1 Miles (Half Marathon)	Rest
	9	JUL 30-AUG 5	3 Miles Easy	7 Miles Easy	Strength & Core	4 Miles Hard	Rest	10 Miles Long	Rest
	10	AUG 6-12	3 Miles Easy	7 Miles Easy	Strength & Core	4 Miles Hard	Rest	15 Miles Long	Rest
	11	AUG 13-19	4 Miles Easy	8 Miles Easy	Strength & Core	4 Miles Hard	Rest	16 Miles Long	Rest
	12	AUG 20-26	4 Miles Easy	8 Miles Easy	Strength & Core	5 Miles Hard	Rest	12 Miles Long	Rest
	13	AUG 27-SEP 2	5 Miles Easy	9 Miles Easy	Strength & Core	5 Miles Hard	Rest	17 Miles Long	Rest
	14	SEP 3-9	5 Miles Easy	9 Miles Easy	Strength & Core	5 Miles Hard	Rest	14 Miles Long	Rest
	15	SEP 10-16	5 Miles Easy	10 Miles Easy	Strength & Core	5 Miles Hard	Rest	18 Miles Long	Rest
	16	SEP 17-23	5 Miles Easy	8 Miles Easy	Strength & Core	5 Miles Hard	Rest	12 Miles Long	Rest
	17	SEP 24-30	5 Miles Easy	10 Miles Easy	Strength & Core	5 Miles Hard	Rest	20 Miles Long	Rest
	18	OCT 1-7	5 Miles Easy	8 Miles Easy	Strength & Core	4 Miles Hard	Rest	12 Miles Long	Rest
	19	OCT 8-14	4 Miles Easy	6 Miles Easy	Strength & Core	3 Miles Hard	Rest	8 Miles Long	Rest
	20	OCT 15-21	3 Miles Easy	4 Miles Easy	Strength & Core	2 Miles Hard	Rest	Rest	RACE DAY