

# 16 Week Marathon Training Program



Weeks to Race	Week #	Saturday Date	Phase	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Totals
16	1	19-Jun	Base Building	10	Crosstrain or Rest	3	5	5	3 x 800 repeats	Rest	24+
15	2	26-Jun	Base Building	11	Crosstrain or Rest	3	6 @m pace	5	3 @ tempo	Rest	28
14	3	3-Jul	Base Building	8	Crosstrain or Rest	3 + 4 hill repeats	6	6	4	Rest	27
13	4	10-Jul	Base Building	13	Crosstrain or Rest	3	6	6	4 @ tempo	Rest	32
12	5	17-Jul	Base Building	14	Crosstrain or Rest	3	7 @m pace	6	5 x 800 repeats	Rest	35
11	6	24-Jul	Base Building	10	Crosstrain or Rest	3 + 5 hill repeats	8	7	5	Rest	33
10	7	31-Jul	Base Building	16	Crosstrain or Rest	4	8 @m pace	7	5 @ tempo	Rest	40
9	8	7-Aug	Base Building	17	Crosstrain or Rest	4	8 @m pace	8	6 x 800 repeats	Rest	43
8	9	14-Aug	Sharpening	13	Crosstrain or Rest	4 + 6 hill repeats	10	6	6	Rest	39
7	10	21-Aug	Sharpening	19	Crosstrain or Rest	4	6	6	7 x 800 repeats	Rest	42
6	11	28-Aug	Sharpening	20	Crosstrain or Rest	5	10 @m pace	6	5 @ tempo	Rest	46
5	12	4-Sep	Sharpening	12	Crosstrain or Rest	5 + 5 hill repeats	6	6	6 x 800 repeats	Rest	35
4	13	11-Sep	Sharpening	17	Crosstrain or Rest	5	10	6	6 @ tempo	Rest	44
3	14	18-Sep	Sharpening	20	Crosstrain or Rest	4	4 @m pace	6	5	Rest	39
2	15	25-Sep	Taper	12	Crosstrain or Rest	4	4	6	4 @ tempo	Rest	30
1	16	2-Oct	Taper	8	Crosstrain or Rest	3	4	6	2	Rest	23
Race Week		9-Oct	<b>Race Day!</b>	26.2							

miles @m pace = run at goal marathon pace

hill repeats = 1 mile warmup, then find a hill that takes at least 45 seconds to run up; run up and then either walk or jog down for cooldown between repeats; finish stated mileage

tempo = start with slow 15 minute jog, then stay at a steady "comfortably hard" pace until you have 1 mile to go; do last mile at cooldown pace

800 repeats = start with 1 mile warmup and then run hard for 800 yards (roughly 1/2 mile) followed by 800 yard jog; repeat for stated number of times; 1 mile cooldown

Add optional races in lieu of your scheduled run (a great way to gauge your fitness gains!). Adjust weekly mileage accordingly.

Please consult a physician or other health care professional before starting this or any fitness program to determine if it is suitable.