

Beginner 16-Week Marathon Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	30 min. EZ	4X400 PACE; R:30 sec.	Rest Day or 30 min. Cross- training	30 min. EZ	Rest Day	8 miles	Rest Day or 30-60 min. Cross-training
2	30 min. EZ	2X800 PACE; R:1 min.	Rest Day or 30 min. Cross- training	35 min. EZ	Rest Day	9 miles	Rest Day or 30-60 min. Cross-training
3	30 min. EZ	4X400 PACE; 2X400 TEMPO; R:30 sec.	Rest Day or 30 min. Cross- training	40 min. EZ	Rest Day	7 miles	Rest Day or 30-60 min. Cross-training
4	35 min. EZ	2X800 PACE; R: 1 min.	Rest Day or 30 min. Cross- training	45 min. EZ	Rest Day	10 miles	Rest Day or 30-60 min. Cross-training
5	35 min. EZ	4X400 PACE; R:30 sec.	Rest Day or 30 min. Cross- training	50 min. EZ	Rest Day	12 miles	Rest Day or 30-60 min. Cross-training
6	40 min. EZ	2X1200 PACE; R:1 min.	Rest Day or 30 min. Cross- training	60 min. EZ	Rest Day	13 miles	Rest Day or 30-60 min. Cross-training
7	30 min. EZ	2X800 PACE; 800 TEMPO; R:1 min.	Rest Day or 30 min. Cross- training	60 min. EZ	Rest Day	12 miles	Rest Day or 30-60 min. Cross-training

8	40 min. EZ	8X400 Descend 1-4, 5-8; R: 30 sec.	Rest Day or 30 min. Cross- training	70 min. EZ	Rest Day	15 miles	Rest Day or 30-60 min. Cross-training
9	45 min. EZ	2X800 PACE; 2X800 TEMPO; R: 1 min.	Rest Day or 30 min. Cross- training	70 min. EZ	Rest Day	16 miles	Rest Day or 30-60 min. Cross-training
10	35 min. EZ	2X1 Mile PACE; R: 90 sec.	Rest Day or 30 min. Cross- training	60 min. EZ	Rest Day	14 miles	Rest Day or 30-60 min. Cross-training
11	45 min. EZ	8X400 PACE; R: 30 sec.	Rest Day or 30 min. Cross- training	80 min. EZ	Rest Day	18 miles	Rest Day or 30-60 min. Cross-training
12	40 min. EZ	4X800 PACE; R: 1 min.	Rest Day or 30 min. Cross- training	60 min. EZ	Rest Day	14 miles	Rest Day or 30-60 min. Cross-training
13	50 min. EZ	3X1 Mile PACE; R: 90 sec.	Rest Day or 30 min. Cross- training	90 min. EZ	Rest Day	20 miles	Rest Day or 30-60 min. Cross-training
14	40 min. EZ	2X1200 PACE; 1200 TEMPO; R: 1min.	Rest Day or 30 min. Cross- training	50 min. EZ	Rest Day	12 miles	Rest Day or 30-60 min. Cross-training
15	30 min. EZ	2X800 PACE; R: 1 min.	Rest Day or 30 min. Cross- training	35 min. EZ	Rest Day	8 miles	Rest Day

16	20 min. EZ	4X400 Descend; R: 30 sec.	Rest Day	20 min. EZ	Rest Day	Rest Day or 20 min. EZ	Race Day!
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Run Session Notes:

Each week there are 2 key workouts: Track Tuesday and the long run on Saturday. These 2 key workouts are supplemented by 2 recovery runs on Mondays and Thursdays.

EZ = 60-90 seconds slower than your goal marathon pace, (conversational pace)

PACE = goal marathon pace

TEMPO = 30 seconds faster than goal marathon pace

R = Rest interval

Descend = start easy and get faster each rep

Cross-training = For the purposes of this training plan, low-intensity/low-impact exercise such as gentle yoga, easy cycling, or swimming to promote recovery.

*All Tuesday track workouts should begin with 10-15 min. of easy running to warm up, followed by the Main Set as indicated in the schedule, and conclude with 10-15 minutes of easy running to cool down.