



Marathon Training Schedule

Week	Monday (Rest, Gym, Swim, Bike)	Tuesday Easy Pace	Wednesday Moderate Pace	Thursday Moderate Pace	Friday REST	Saturday Moderate Pace	Sunday (Gym, Swim, Bike)
1	Rest or Cross-Train	3 miles	3 miles	3 miles	REST	5 miles	Cross-Train
2	Rest or Cross-Train	3 miles	3 miles	3 miles	REST	6 miles	Cross-Train
3	Rest or Cross-Train	3 miles	4 miles	3 miles	REST	7 miles	Cross-Train
4	Rest or Cross-Train	3 miles	4 miles	3 miles	REST	5 miles	Cross-Train
5	Rest or Cross-Train	3 miles	5 miles	3 miles	REST	9 miles	Cross-Train
6	Rest or Cross-Train	3 miles	5 miles	3 miles	REST	10 miles	Cross-Train
7	Rest or Cross-Train	3 miles	6 miles	3 miles	REST	7 miles	Cross-Train
8	Rest or Cross-Train	4 miles	6 miles	3 miles	REST	12 miles	Cross-Train
9	Rest or Cross-Train	4 miles	7 miles	3 miles	REST	13 miles	Cross-Train
10	Rest or Cross-Train	4 miles	8 miles	4 miles	REST	10 miles	Cross-Train
11	Rest or Cross-Train	4 miles	8 miles	5 miles	REST	16 miles	Cross-Train
12	Rest or Cross-Train	4 miles	8 miles	5 miles	REST	12 miles	Cross-Train
13	Rest or Cross-Train	4 miles	9 miles	5 miles	REST	18 miles	Cross-Train
14	Rest or Cross-Train	5 miles	9 miles	5 miles	REST	14 miles	Cross-Train
15	Rest or Cross-Train	5 miles	10 miles	5 miles	REST	20 miles	Cross-Train
16	Rest or Cross-Train	5 miles	8 miles	4 miles	REST	12 miles	Cross-Train
17	Rest or Cross-Train	4 miles	6 miles	3 miles	REST	8 miles	Cross-Train
18	Rest or Cross-Train	2 miles	3 miles	REST	REST	26.2	Cross-Train