

22 WEEK TRAINING SCHEDULE

MARATHON WEEK 1

Week 1

BEGINNER

Monday	1 MILE
Tuesday	REST
Wednesday	1 MILE
Thursday	1 MILE
Friday	REST
Saturday	1 MILE
Sunday	2 MILES

Week 1

ADVANCED

Monday	3 MILES
Tuesday	REST
Wednesday	3 MILES
Thursday	3 MILES
Friday	REST
Saturday	3 MILES
Sunday	4 MILES

22 WEEK TRAINING SCHEDULE

MARATHON WEEK 2

Week 2

BEGINNER

Monday	1 MILE
Tuesday	REST
Wednesday	2 MILES
Thursday	1 MILE
Friday	REST
Saturday	2 MILES
Sunday	2 MILES

Week 2

ADVANCED

Monday	3 MILES
Tuesday	REST
Wednesday	3 MILES
Thursday	3 MILES
Friday	REST
Saturday	3 MILES
Sunday	4 MILES



22 WEEK TRAINING SCHEDULE

MARATHON WEEK 3

Week 3

BEGINNER

Monday 2 MILES

Tuesday REST

Wednesday 3 MILES

Thursday 2 MILES

Friday REST

Saturday 3 MILES

Sunday 2 MILES

Week 3

ADVANCED

Monday 3 MILES

Tuesday REST

Wednesday 4 MILES

Thursday 4 MILES

Friday REST

Saturday 5 MILES

Sunday 5 MILES



22 WEEK TRAINING SCHEDULE

MARATHON WEEK 4

Week 4

BEGINNER

Monday 2 MILES

Tuesday REST

Wednesday 3 MILES

Thursday 3 MILES

Friday REST

Saturday 3 MILES

Sunday 4 MILES

Week 4

ADVANCED

Monday 3 MILES

Tuesday REST

Wednesday 4 MILES

Thursday 4 MILES

Friday REST

Saturday 3 MILES

Sunday 6 MILES



22 WEEK TRAINING SCHEDULE

MARATHON WEEK 5

Week 5

BEGINNER

Monday	3 MILES
Tuesday	REST
Wednesday	4 MILES
Thursday	2 MILES
Friday	REST
Saturday	3 MILES
Sunday	REST OR EASY 2 MILES

Week 5

ADVANCED

Monday	REST
Tuesday	4/6 MILES
Wednesday	4/6 MILES + 5 X 50M STRIDES
Thursday	4/6 MILES
Friday	REST
Saturday	4 MILES
Sunday	REST OR EASY 6 MILES



22 WEEK TRAINING SCHEDULE

MARATHON WEEK 6

Week 6

BEGINNER

Monday	REST
Tuesday	3 MILES
Wednesday	4 MILES
Thursday	3 MILES
Friday	REST
Saturday	3 MILES
Sunday	5 MILES

Week 6

ADVANCED

Monday	REST
Tuesday	4/6 MILES
Wednesday	4/6 MILES + 5 X 50M STRIDES
Thursday	4/6 MILES
Friday	REST
Saturday	4 MILES
Sunday	8/10 MILES

22 WEEK TRAINING SCHEDULE

MARATHON WEEK 7

Week 7

BEGINNER

Monday	REST
Tuesday	3 MILES
Wednesday	4 MILES
Thursday	3/4 MILES
Friday	REST
Saturday	3/4 MILES
Sunday	4 MILES

Week 7

ADVANCED

Monday	REST
Tuesday	4/6 MILES
Wednesday	6 MILES + 5 X 50M STRIDES
Thursday	4/6 MILES
Friday	REST
Saturday	3/4 MILES
Sunday	4 MILES

22 WEEK TRAINING SCHEDULE

MARATHON WEEK 8

Week 8

BEGINNER

Monday	REST
Tuesday	3/4 MILES
Wednesday	4 MILES
Thursday	REST
Friday	3 MILES
Saturday	REST
Sunday	10 MILES

Week 8

ADVANCED

Monday	REST
Tuesday	4/6 X 400M X 2 MIN RECOVERY
Wednesday	6/8 MILES
Thursday	4/6 MILES
Friday	3 MILES
Saturday	REST
Sunday	10 MILES



22 WEEK TRAINING SCHEDULE

MARATHON WEEK 9

Week 9

BEGINNER

Monday	REST
Tuesday	3/4 MILES
Wednesday	4 MILES
Thursday	3/4 MILES
Friday	REST
Saturday	3/4 MILES
Sunday	8/10 MILES

Week 9

ADVANCED

Monday	REST
Tuesday	4/6 X 400M X 90 SEC RECOVERY
Wednesday	6 MILES
Thursday	6 MILES
Friday	REST
Saturday	4 MILES
Sunday	12/14 MILES



22 WEEK TRAINING SCHEDULE

MARATHON WEEK 10

Week 10

BEGINNER

Monday	REST
Tuesday	4 MILES
Wednesday	6 MILES
Thursday	3 MILES
Friday	REST
Saturday	3/4 MILES
Sunday	10/12 MILES

Week 10

ADVANCED

Monday	REST
Tuesday	6/8 X 400M X 90 SEC RECOVERY
Wednesday	6 MILES
Thursday	4/6 MILES
Friday	REST
Saturday	4 MILES
Sunday	12/14 MILES



22 WEEK TRAINING SCHEDULE

MARATHON

WEEK 11

Week 11

BEGINNER

Monday	REST
Tuesday	4 MILES
Wednesday	6 MILES
Thursday	4 MILES
Friday	REST
Saturday	3/4 MILES
Sunday	10/12 MILES

Week 11

ADVANCED

Monday	REST
Tuesday	6/8 X 400M X 90 SEC RECOVERY
Wednesday	8/10 MILES
Thursday	REST
Friday	4 MILES + 5 X 50M STRIDES
Saturday	4 MILES
Sunday	14 MILES



22 WEEK TRAINING SCHEDULE

MARATHON WEEK 12

Week 12

BEGINNER

Monday	REST
Tuesday	3 MILES
Wednesday	6 MILES
Thursday	4 MILES
Friday	REST
Saturday	4 MILES
Sunday	12/14 MILES

Week 12

ADVANCED

Monday	REST
Tuesday	4/6 MILES + 5 X 50M STRIDES
Wednesday	8/10 MILES
Thursday	4/6 MILES
Friday	REST
Saturday	4/6 MILES
Sunday	14/16 MILES



22 WEEK TRAINING SCHEDULE

MARATHON WEEK 13

Week 13

BEGINNER

Monday	REST
Tuesday	REST OR EASY 4 MILES
Wednesday	6 MILES
Thursday	4 MILES
Friday	REST
Saturday	10 MILES
Sunday	REST

Week 13

ADVANCED

Monday	REST
Tuesday	4 MILES + 5 X 50M STRIDES
Wednesday	8 MILES
Thursday	4 MILES
Friday	REST
Saturday	10 MILES
Sunday	4/6 MILES



22 WEEK TRAINING SCHEDULE

MARATHON

WEEK 14

Week 14

BEGINNER

Monday	REST
Tuesday	REST OR EASY 4 MILES
Wednesday	4 MILES
Thursday	4 MILES
Friday	4 MILES
Saturday	REST
Sunday	14 MILES

Week 14

ADVANCED

Monday	REST
Tuesday	4 MILES + 5 X 75M STRIDES
Wednesday	8 MILES
Thursday	4 MILES
Friday	REST
Saturday	5 MILES
Sunday	16 MILES



22 WEEK TRAINING SCHEDULE

MARATHON WEEK 15

Week 15

BEGINNER

Monday	REST
Tuesday	4 MILES
Wednesday	4 MILE TIME TRIAL
Thursday	4 MILES
Friday	REST
Saturday	3 MILES
Sunday	14/16 MILES

Week 15

ADVANCED

Monday	REST
Tuesday	4/6 MILES
Wednesday	4 MILE TIME TRIAL
Thursday	4/6 MILES
Friday	REST
Saturday	4/6 MILES
Sunday	16/18 MILES

22 WEEK TRAINING SCHEDULE

MARATHON WEEK 16

Week 16

BEGINNER

Monday	REST
Tuesday	4 MILES
Wednesday	6 MILES
Thursday	4 MILES
Friday	REST
Saturday	4 MILES
Sunday	16 MILES

Week 16

ADVANCED

Monday	REST
Tuesday	6/8 X 400M X 90 SEC RECOVERY
Wednesday	8 MILES
Thursday	4/6 MILES
Friday	REST
Saturday	4 MILES
Sunday	18 MILES



22 WEEK TRAINING SCHEDULE

MARATHON WEEK 17

Week 17

BEGINNER

Monday	REST
Tuesday	REST OR EASY 4 MILES
Wednesday	6/8 MILES
Thursday	4 MILES
Friday	REST
Saturday	HALF MARATHON
Sunday	REST

Week 17

ADVANCED

Monday	REST
Tuesday	REST OR EASY JOG
Wednesday	8/10 MILES
Thursday	4/6 MILES
Friday	REST
Saturday	HALF MARATHON
Sunday	REST OR EASY 4 MILES



22 WEEK TRAINING SCHEDULE

MARATHON WEEK 18

Week 18

BEGINNER

Monday	REST
Tuesday	REST OR EASY 4 MILES
Wednesday	6/8 MILES
Thursday	4 MILES
Friday	REST
Saturday	REST
Sunday	16 MILES

Week 18

ADVANCED

Monday	REST
Tuesday	8 X 400M X 90 SEC RECOVERY
Wednesday	8/10 MILES
Thursday	4/6 MILES
Friday	REST
Saturday	4 MILES
Sunday	18/20 MILES



22 WEEK TRAINING SCHEDULE

MARATHON WEEK 19

Week 19

BEGINNER

Monday	REST
Tuesday	REST OR EASY 4 MILES
Wednesday	6/8 MILES
Thursday	4 MILES
Friday	REST
Saturday	REST
Sunday	18/20 MILES

Week 19

ADVANCED

Monday	REST
Tuesday	4/6 MILES + 5 X 50M STRIDES
Wednesday	10 MILES
Thursday	4 MILES
Friday	REST
Saturday	REST
Sunday	20/22 MILES

22 WEEK TRAINING SCHEDULE

MARATHON WEEK 20

Week 20

BEGINNER

Monday	REST
Tuesday	4 MILES
Wednesday	6/8 MILES
Thursday	4 MILES
Friday	REST
Saturday	REST
Sunday	14/16 MILES

Week 20

ADVANCED

Monday	REST
Tuesday	4/6 MILES
Wednesday	8 MILES
Thursday	4 MILES
Friday	REST
Saturday	4 MILES
Sunday	14/16 MILES



22 WEEK TRAINING SCHEDULE

MARATHON WEEK 21

Week 21

BEGINNER

Monday	REST
Tuesday	6 MILES
Wednesday	4 MILES
Thursday	4 MILES
Friday	REST
Saturday	4 MILE TIME TRIAL
Sunday	8/10 MILES

Week 21

ADVANCED

Monday	REST
Tuesday	6 MILES
Wednesday	4 MILES
Thursday	4 MILES
Friday	REST
Saturday	4 MILE TIME TRIAL
Sunday	8/10 MILES



22 WEEK TRAINING SCHEDULE

MARATHON

WEEK 22

Week 22

BEGINNER

Monday	REST
Tuesday	REST
Wednesday	4 MILES
Thursday	3 MILES
Friday	REST
Saturday	RACE DAY!

Week 22

ADVANCED

Monday	REST
Tuesday	REST
Wednesday	4 MILES
Thursday	3 MILES
Friday	REST
Saturday	RACE DAY!

