

MARATHON HANDBOOK 3 MONTH MARATHON TRAINING PLAN : KM

WEEK	DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	WEEKLY MILEAGE
1		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	28 k
			5 k	8 k		5 k		10 k	
			RPE: 4-5	RPE: 3-4		RPE: 3-4	45-60 mins	RPE: 2-3	
2		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	32 k
			5 k	10 k		5 k		12 k	
			RPE: 4-5	RPE: 3-4		RPE: 3-4	45-60 mins	RPE: 2-3	
3		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	38 k
			6.5 k	10 k		6.5 k		15 k	
			RPE: 4-5	RPE: 3-4		RPE: 3-4	45-60 mins	RPE: 2-3	
4		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	44 k
			6.5 k	10 k		6.5 k		21.1 k	
			RPE: 4-5	RPE: 3-4		RPE: 3-4	45-60 mins	RPE: 2-3	
5		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	43 k
			6.5 k	11.5 k		6.5 k		18 k	
			RPE: 4-5	RPE: 3-4		RPE: 3-4	45-60 mins	RPE: 2-3	
6		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	51 k
			6.5 k	11.5 k		6.5 k		26 k	
			RPE: 4-5	RPE: 3-4		RPE: 3-4	45-60 mins	RPE: 2-3	
7		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	58 k
			8 k	13 k		8 k		29 k	
			RPE: 4-5	RPE: 3-4		RPE: 3-4	45-60 mins	RPE: 2-3	
8		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	53 k
			8 k	13 k		8 k		24 k	
			RPE: 4-5	RPE: 3-4		RPE: 3-4	45-60 mins	RPE: 2-3	
9		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	62 k
			8 k	11.5 k		8 k		34 k	
			RPE: 4-5	RPE: 3-4		RPE: 3-4	45-60 mins	RPE: 2-3	
10		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Half Mara	44 k
			6.5 k	10 k		6.5 k		21.1 k	
			RPE: 4-5	RPE: 3-4		RPE: 3-4	45-60 mins	RPE: 2-3	
11		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	30 k
			5 k	6.5 k		5 k		13 k	
			RPE: 4-5	RPE: 3-4		RPE: 3-4	45-60 mins	RPE: 2-3	
12		Rest Day	Training Run	Rest Day	Easy Run	Rest Day	Easy Run	MARATHON	54 k
			5 k		5 k		2 k	42.2 k	
			RPE: 3-4		RPE: 2-3		RPE: 2-3	RPE: 5	