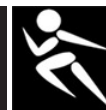


Marathon Novice Training Plan

irishrunning.ie



WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	Rest	3 m run	3 m run	3 m run	Rest	6	Cross
2	Rest	3 m run	3 m run	3 m run	Rest	7	Cross
3	Rest	3 m run	4 m run	3 m run	Rest	5	Cross
4	Rest	3 m run	4 m run	3 m run	Rest	9	Cross
5	Rest	3 m run	5 m run	3 m run	Rest	10	Cross
6	Rest	3 m run	5 m run	3 m run	Rest	7	Cross
7	Rest	3 m run	6 m run	3 m run	Rest	12	Cross
8	Rest	3 m run	6 m run	3 m run	Rest	Rest	Half Marathon
9	Rest	3 m run	7 m run	4 m run	Rest	10	Cross
10	Rest	3 m run	7 m run	4 m run	Rest	15	Cross
11	Rest	4 m run	8 m run	4 m run	Rest	16	Cross
12	Rest	4 m run	8 m run	5 m run	Rest	12	Cross
13	Rest	4 m run	9 m run	5 m run	Rest	18	Cross
14	Rest	5 m run	9 m run	5 m run	Rest	14	Cross
15	Rest	5 m run	10 m run	5 m run	Rest	20	Cross
16	Rest	5 m run	8 m run	4 m run	Rest	12	Cross
17	Rest	4 m run	6 m run	3 m run	Rest	8	Cross
18	Rest	3 m run	4 m run	2 m run	Rest	Rest	Marathon