

Training Plan: BEGINNER'S MARATHON

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- Week 1
 - Day 1: 3-4 mile jog
 - Day 2: Rest
 - Day 3: 4 mile jog
 - Day 4: Rest
 - Day 5: 30 min walk or jog
 - Day 6: Rest
 - Day 7: 5-6 miles steady
- Week 2
 - Day 1: 3-4 mile jog
 - Day 2: Rest
 - Day 3: 4 mile jog
 - Day 4: Rest
 - Day 5: 40 min jog or walk
 - Day 6: Rest
 - Day 7: 5-6 miles steady
- Week 3
 - Day 1: Rest
 - Day 2: Rest
 - Day 3: 4 mile fartlek
 - Day 4: Rest
 - Day 5: 4-5 mile jog

- Day 6: Rest
- Day 7: 6-7 miles steady
- Week 4
 - Day 1: Easy 3 miles or rest
 - Day 2: Rest
 - Day 3: 30 min hill session
 - Day 4: Rest
 - Day 5: 3-4 miles tempo
 - Day 6: Rest
 - Day 7: 6-7 miles steady
- Week 5
 - Day 1: Easy 3 miles or rest
 - Day 2: Rest
 - Day 3: 4 mile fartlek
 - Day 4: Rest
 - Day 5: 4 mile tempo
 - Day 6: Rest
 - Day 7: 6-7 miles steady
- Week 6
 - Day 1: Easy 3 miles or rest
 - Day 2: Rest
 - Day 3: 30 min hill session
 - Day 4: Rest
 - Day 5: 5 miles tempo
 - Day 6: Rest
 - Day 7: 7-8 miles steady
- Week 7

- Day 1: Rest
 - Day 2: Rest
 - Day 3: 60 min cross-train
 - Day 4: Rest
 - Day 5: 45 min fartlek
 - Day 6: Rest
 - Day 7: 8 miles steady
- Week 8
 - Day 1: Easy 3 miles or rest
 - Day 2: Rest
 - Day 3: 5 mile fartlek
 - Day 4: Rest
 - Day 5: 5-6 mile tempo
 - Day 6: Rest
 - Day 7: 9-10 miles steady
 - Week 9
 - Day 1: Easy 3-4 miles or rest
 - Day 2: Rest
 - Day 3: 5-6 mile fartlek
 - Day 4: Rest
 - Day 5: 60 min cross-train
 - Day 6: Rest
 - Day 7: 10-12 miles steady
 - Week 10
 - Day 1: Easy 3-4 miles or rest
 - Day 2: Rest
 - Day 3: 45 min hill session

- Day 4: Rest
- Day 5: 5-6 mile tempo
- Day 6: Rest
- Day 7: 13-14 miles steady
- Week 11
 - Day 1: Rest
 - Day 2: Rest
 - Day 3: 60 min cross-train
 - Day 4: Rest
 - Day 5: 6-7 mile tempo
 - Day 6: Rest
 - Day 7: 14-16 miles steady
- Week 12
 - Day 1: Easy 3-4 miles or rest
 - Day 2: Rest
 - Day 3: 6-7 miles fartlek
 - Day 4: Rest
 - Day 5: 60 min cross-train
 - Day 6: Rest
 - Day 7: 16-18 miles steady
- Week 13
 - Day 1: Easy 3-4 miles or rest
 - Day 2: Rest
 - Day 3: 8 miles fartlek
 - Day 4: Rest
 - Day 5: 7-8 mile tempo
 - Day 6: Rest

- Day 7: 18-20 miles steady
- Week 14
 - Day 1: Rest
 - Day 2: Rest
 - Day 3: 7-8 mile jog
 - Day 4: Rest
 - Day 5: 8 mile tempo
 - Day 6: Rest
 - Day 7: 16-18 miles steady
- Week 15
 - Day 1: Easy 3-4 miles or rest
 - Day 2: Rest
 - Day 3: 5-6 miles tempo
 - Day 4: Rest
 - Day 5: 6-7 miles tempo
 - Day 6: Rest
 - Day 7: 8-10 miles at race pace
- Week 16
 - Day 1: Easy 3-4 miles or rest
 - Day 2: Rest
 - Day 3: Gentle 2-3 miles
 - Day 4: Rest
 - Day 5: Gentle 2-3 miles
 - Day 6: Rest
 - Day 7: Race day