

MARATHON TRAINING  
PLAN 16 WEEKS

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	Rest	40min Easy run	Intervals 400m x 10 2min rest	Easy Run 30min	Strength or cross-train	Rest	60min Easy 30min hard
WEEK 2	Rest	50min Easy run	50min Fartlek Session	Easy Run 30min	Strength or cross-train	Rest	120min Easy
WEEK 3	Rest	50min Easy run	60min Marathon pace	Easy Run 30min	Strength or cross-train	Rest	60min Easy 60min hard
WEEK 4	Rest	50min Easy run	Intervals 800m x10 (3min rest)	Easy Run 40min	Strength or cross-train	Rest	120 minLong run + Strides
WEEK 5	Rest	60min Easy run + Strides	60min Fartlek Session	Easy Run 40min	Strength or cross-train	Rest	140min Long run + Strides
WEEK 6	Rest	60 min Easy run + Strides	100min Marathon pace	Easy Run 40min	Strength or cross-train	Rest	120 minLong run + Strides
WEEK 7	Rest	60min Easy run + Strides	Intervals 1km x 8 (4min rest)	Easy Run 40min	Strength or cross-train	Rest	180min Long run
WEEK 8	Rest	50min Easy run + Strides	60min Fartlek Session	Easy Run 40min	Strength or cross-train	Rest	240min Long run
WEEK 9	Rest	50min Easy run + Strides	140min Marathon pace	Easy Run 30min	Strength or cross-train	Rest	180min Long run
WEEK 10	Rest	40min Easy run	Intervals 1km x 8 (4min rest)	Easy Run 30min	Strength or cross-train	Rest	220min Long run
WEEK 11	Rest	30min Easy run	50min Fartlek Session	Easy Run 30min	Strength or cross-train	Rest	160min Long run
WEEK 12	Rest	60min Easy run	160min Marathon pace	30min easy run	Strength or cross-train	Rest	180min Long run
WEEK 13	Rest	50min Easy run + Strides	120min Progressive run	Easy Run 30min	Strength or cross-train	Rest	120min Long run
WEEK 14	Rest	40min Easy run	Intervals 1km x 8 (4min rest)	Easy Run 30min	Strength or cross-train	Rest	160min Long run
WEEK 15	Rest	30min Easy run	50min Fartlek Session	Easy Run 30min	Strength or cross-train	Rest	100min Long run
WEEK 16	Rest	60min Easy run	Rest	30min easy run	Rest	Rest	Good Luck for Race

- Always warm up and cool down for each session.
- If you feel any discomfort or pain, stop and consult a physical therapist.
- This plan is based on scientific data.
- Do not increase distance or training time by more than 10% per week.
- A time-based plan is best suited for better results.
- Always follow the 80-20 rule.