



RUN/WALK MARATHON TRAINING PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	30-45 min Run/Walk	Rest or Cross-Train	30-45 min Run/Walk	Easy Walk	Rest	2 miles	Rest or Cross-Train
WEEK 2	30-45 min Run/Walk	Rest or Cross-Train	30-45 min Run/Walk	Easy Walk	Rest	3 miles	Rest or Cross-Train
WEEK 3	30-45 min Run/Walk	Rest or Cross-Train	30-45 min Run/Walk	Easy Walk	Rest	4 miles	Rest or Cross-Train
WEEK 4	30-45 min Run/Walk	Rest or Cross-Train	30-45 min Run/Walk	Easy Walk	Rest	5 miles with Magic Mile	Rest or Cross-Train
WEEK 5	30-45 min Run/Walk	Rest or Cross-Train	30-45 min Run/Walk	Easy Walk	Rest	6 miles	Rest or Cross-Train
WEEK 6	30-45 min Run/Walk	Rest or Cross-Train	30-45 min Run/Walk	Easy Walk	Rest	7 miles	Rest or Cross-Train
WEEK 7	30-45 min Run/Walk	Rest or Cross-Train	30-45 min Run/Walk	Easy Walk	Rest	8 miles	Rest or Cross-Train
WEEK 8	30-45 min Run/Walk	Rest or Cross-Train	30-45 min Run/Walk	Easy Walk	Rest	5 miles with Magic Mile	Rest or Cross-Train



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WEEK 9	30-45 min Run/Walk	Rest or Cross-Train	30-45 min Run/Walk	Easy Walk	Rest	10 miles	Rest or Cross-Train
WEEK 10	30-45 min Run/Walk	Rest or Cross-Train	30-45 min Run/Walk	Easy Walk	Rest	5 miles	Rest or Cross-Train
WEEK 11	30-45 min Run/Walk	Rest or Cross-Train	30-45 min Run/Walk	Easy Walk	Rest	12 miles	Rest or Cross-Train
WEEK 12	30-45 min Run/Walk	Rest or Cross-Train	30-45 min Run/Walk	Easy Walk	Rest	5 miles with Magic Mile	Rest or Cross-Train
WEEK 13	30-45 min Run/Walk	Rest or Cross-Train	30-45 min Run/Walk	Easy Walk	Rest	14 miles	Rest or Cross-Train
WEEK 14	30-45 min Run/Walk	Rest or Cross-Train	30-45 min Run/Walk	Easy Walk	Rest	5 miles	Rest or Cross-Train
WEEK 15	30-45 min Run/Walk	Rest or Cross-Train	30-45 min Run/Walk	Easy Walk	Rest	17 miles	Rest or Cross-Train
WEEK 16	30-45 min Run/Walk	Rest or Cross-Train	30-45 min Run/Walk	Easy Walk	Rest	5 miles with Magic Mile	Rest or Cross-Train



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 17	30-45 min Run/Walk	Rest or Cross-Train	30-45 min Run/Walk	Easy Walk	Rest	20 miles	Rest or Cross-Train
WEEK 18	30-45 min Run/Walk	Rest or Cross-Train	30-45 min Run/Walk	Easy Walk	Rest	5 miles	Rest or Cross-Train
WEEK 19	30-45 min Run/Walk	Rest or Cross-Train	30-45 min Run/Walk	Easy Walk	Rest	5 miles with Magic Mile	Rest or Cross-Train
WEEK 20	30-45 min Run/Walk	Rest or Cross-Train	30-45 min Run/Walk	Easy Walk	Rest	23 miles	Rest or Cross-Train
WEEK 21	30-45 min Run/Walk	Rest or Cross-Train	30-45 min Run/Walk	Easy Walk	Rest	5 miles	Rest or Cross-Train
WEEK 22	30-45 min Run/Walk	Rest or Cross-Train	30-45 min Run/Walk	Easy Walk	Rest	5 miles with Magic Mile	Rest or Cross-Train
WEEK 23	30-45 min Run/Walk	Rest or Cross-Train	30-45 min Run/Walk	Easy Walk	Rest	26 miles	Rest or Cross-Train
WEEK 24	30-45 min Run/Walk	Rest or Cross-Train	30-45 min Run/Walk	Easy Walk	Rest	5 miles	Rest or Cross-Train
WEEK 25	30-45 min Run/Walk	Rest or Cross-Train	30-45 min Run/Walk	Easy Walk	Rest	5 miles with Magic Mile	Rest or Cross-Train
WEEK 26	30-45 min Run/Walk	Rest or Cross-Train	30-45 min Run/Walk	Easy Walk	Rest	RACE DAY!	Easy Walk

THE WORKOUTS

▶ Run/Walk Method for Brand New Runners

A standard run/walk ratio for those who are taking their first running steps is to run for 5 to 10 seconds during each minute of your run and walk for the rest of the minute. If all goes well, you can increase during the third week of the training plan to 10 to 20 seconds of running; walk for the rest of the minute. On the fifth week, increase to 20 to 30 seconds of running while walking for the rest of the minute. If you are huffing and puffing, experiencing aches or pains, or struggling in any way, drop back to walking more and running less each minute. Remember, the walks are supposed to be slower than the runs—the speeds should be significantly different. If you begin to feel ready to try longer runs, look to the chart for interval suggestions.

▶ Run/Walk Method for Beginners

You will adjust the amount of each run/walk interval for your pace per mile. Beginner runners should continue running 10 to 20 seconds every minute for most of the long runs. Those who have been running for at least three months could use the chart on the right as a guide.

▶ Monday/Wednesday Runs

Use the run/walk ratio that corresponds to your predicted race pace, and practice that pace for at least part of that run.

▶ Cross-Train

Choose something you enjoy that gives you a good cardio workout. Walking is always good cross training. You can also swim, bike, row, or use the elliptical.

▶ Saturday/Long Runs

Use the run/walk ratios that you use on Mondays and Wednesdays. Remember, you can adjust these intervals throughout your training to find the ratio that works best.

▶ Easy Walk

This is a relaxed walk for 20 to 45 minutes.

▶ Magic Mile

Here's how to do it:

1. Warm up with a slow 1-mile run.
2. Do a few acceleration gliders: Start at walking pace, gradually accelerate to long-run pace, then to half-marathon pace, and then to marathon race pace. From there, gradually work back down to a walking pace. Aim for a smooth transition.
3. Keep running, pacing yourself as evenly as possible.
4. Run about as hard as you can for one mile. You should finish feeling that you couldn't have run more than a football field at the same pace, but you shouldn't be so tired that you can't finish your run.
5. After the time trial, walk for 5 minutes, and jog a slow 1 to 6 miles, as needed for the day's mileage.

To find your marathon pace, multiply your Magic Mile time by 1.3

Adjust your run/walk interval to your pace per mile.
If you need a place to start, use this chart:

PREDICTED RACE PACE

PACE	RUN	WALK
18 min mile	5 sec	30 sec
17 min mile	10 sec	30 sec
16 min mile	10 sec	30 sec
15 min mile	15 sec	30 sec
14 min mile	30 sec	30 sec
13 min mile	30 sec	30 sec
12 min mile	60 sec	30 sec
11 min mile	60 sec	30 sec
10 min mile	90 sec	30 sec
9 min mile	2 min	30 sec
8 min mile	4 min	30 sec
7 min mile	6 min	30 sec