

RUN/WALK MARATHON TRAINING PLAN



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	30-45 min Run/Walk	Rest or Cross-Train	4 miles with 2 at Race Pace	Easy Walk	Rest	12-14 miles*	Rest or Cross-Train
WEEK 2	30-45 min Run/Walk	Rest or Cross-Train	5 miles with 3 at Race Pace	Easy Walk	Rest	4 Mile Repeats	Rest or Cross-Train
WEEK 3	30-45 min Run/Walk	Rest or Cross-Train	4 miles with 2 at Race Pace	Easy Walk	Rest	14-17 miles	Rest or Cross-Train
WEEK 4	30-45 min Run/Walk	Rest or Cross-Train	5 miles with 3 at Race Pace	Easy Walk	Rest	6 Mile Repeats	Rest or Cross-Train
WEEK 5	30-45 min Run/Walk	Rest or Cross-Train	4 miles with 2 at Race Pace	Easy Walk	Rest	17-20 miles	Rest or Cross-Train
WEEK 6	30-45 min Run/Walk	Rest or Cross-Train	5 miles with 3 at Race Pace	Easy Walk	Rest	5 miles with Magic Mile	Rest or Cross-Train
WEEK 7	30-45 min Run/Walk	Rest or Cross-Train	4 miles with 2 at Race Pace	Easy Walk	Rest	8 Mile Repeats	Rest or Cross-Train
WEEK 8	30-45 min Run/Walk	Rest or Cross-Train	5 miles with 3 at Race Pace	Easy Walk	Rest	20-23 miles	Rest or Cross-Train
WEEK 9	30-45 min Run/Walk	Rest or Cross-Train	4 miles with 2 at Race Pace	Easy Walk	Rest	6 miles with 4 at Race Pace	Rest or Cross-Train
WEEK 10	30-45 min Run/Walk	Rest or Cross-Train	5 miles with 3 at Race Pace	Easy Walk	Rest	10 Mile Repeats	Rest or Cross-Train



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WEEK							
WEEK 11	30-45 min Run/Walk	Rest or Cross-Train	4 miles with 2 at Race Pace	Easy Walk	Rest	5 miles with Magic Mile	Rest or Cross-Train
WEEK 12	30-45 min Run/Walk	Rest or Cross-Train	5 miles with 3 at Race Pace	Easy Walk	Rest	23-26 miles	Rest or Cross-Train
WEEK 13	30-45 min Run/Walk	Rest or Cross-Train	4 miles with 2 at Race Pace	Easy Walk	Rest	6 miles with 4 at Race Pace	Rest or Cross-Train
WEEK 14	30-45 min Run/Walk	Rest or Cross-Train	5 miles with 3 at Race Pace	Easy Walk	Rest	12 Mile Repeats	Rest or Cross-Train
WEEK 15	30-45 min Run/Walk	Rest or Cross-Train	4 miles with 2 at Race Pace	Easy Walk	Rest	5 miles with Magic Mile	Rest or Cross-Train
WEEK 16	30-45 min Run/Walk	Rest or Cross-Train	5 miles with 3 at Race Pace	Easy Walk	Rest	26-29 miles	Rest or Cross-Train
WEEK 17	30-45 min Run/Walk	Rest or Cross-Train	4 miles with 2 at Race Pace	Easy Walk	Rest	6 miles with 4 at Race Pace	Rest or Cross-Train
WEEK 18	30-45 min Run/Walk	Rest or Cross-Train	5 miles with 3 at Race Pace	Easy Walk	Rest	14 Mile Repeats	Rest or Cross-Train
WEEK 19	30-45 min Run/Walk	Rest or Cross-Train	4 miles with 2 at Race Pace	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	RACE DAY!	Easy Walk

THE WORKOUTS

Run/Walk

To determine your run/walk intervals, use the chart to your right as a guide. To see how you are progressing in terms of your overall pace, you can use the Magic Mile. On the indicated weekends, after a gentle warmup, run a timed mile using the run/walk intervals that sustain or challenge your overall pace.

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. Remember, you can adjust these intervals throughout your training to find the ratio that works best.

Race Pace

Warm up with a mile easy. Then run the indicated number of miles at race pace using the run/walk ratio you intend to use during the race. Cool down with another easy mile.

Easy Walk

This is a relaxed walk for 20 to 45 minutes.

Mile Repeats

Warmup with an easy mile. Then, run 1 mile at a pace 30 seconds per mile faster than race pace. Walk for 5 minutes to recover. Repeat the number of times indicated. Cool down with an easy mile.

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

- * If your previous long run was shorter than 10 miles, walk the difference between that run and this 12 miler. For example, if your previous long run was 6 miles, walk 6 miles then run/walk another 6 to reach the 12 mile goal for today.

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