MARATHON HANDBOOK 20 WEEK MARATHON TRAINING PLAN: MILES

Rest Day							ANATHO		NO I LAI	
Rest Day Pace Run Taining Run Rest Day Taining Run Rest Day Pace Run Taining Run Rest Day Pace Run Taining Run Rest Day Taining Run Rest Day Taining Run Rest Day Pace Run Taining Run Rest Day Taining Run	WEEK	Date	•		,				·	Weekly Mileage
Rest Day Pace Run Training Run Rest Day Training Run Rest Day Pace Run Training Run Rest Day Training Run Rest Day Pace Run Training Run Rest Day Training Run Rest Day Pace Run Training Run Rest Day Rest Day Rest Day Training Run Rest Day Training R	1		Rest Day		_	Rest Day	-	Strength Training	_	16 miles
								45.60		
Rest Day Pace Run Training Run Rest Day Training Run Rest Day Pace Run Training Run Rest Day Pace Run Training Run Rest Day Rest			Deat Deat			D. J. D				47
Rest Day Pace Run Training Run Rest Day Training Run Strength Training Long Run 20	2		Rest Day			Rest Day	_	Strength Training	_	17 miles
Rest Day								45.60		
Rest Day			Deat Deat			D. J. D				20
Rest Day Pace Run Training Run Rest Day Training Run Strength Trai	2		Rest Day		J	Rest Day		Strength Training	-	20 miles
	3							45 60 mins		
A miles			Post Day			Post Day				17 miles
Rest Day Pace Run Training Run Rest Day Training Run Strength Training Long Run 22 23 25 23 25 24 25 25 25 25 25 25	4		Nest Day			Nest Day	-	Strength framing	-	17 1111163
Rest Day								45-60 mins		
Section Sect			Rest Day			Rest Day				22 miles
Rest Day Pace Run Training Run Rest Day Training Run A miles RPE: 3-4 A 5-60 mins RPE: 2-3 A miles RPE: 3-4 A miles RPE: 3-4 A miles RPE: 3-4 A miles RPE: 3-5 RPE: 3-4 A miles RPE: 3-6 A miles RPE: 3-7 A miles RPE: 3-8 A miles RPE	5				=	,	_		_	
Rest Day Pace Run Training Run Rest Day Training Run Series Amiles Rest Day Rest Day Pace Run Training Run Rest Day Training Run Rest Day Rest Day					RPE: 3-4			45-60 mins		
Rest Day Pace Run Training Run Smiles Smiles Smiles Smiles Rest Day Pace Run Training Run Smiles Smiles Smiles Rest Day Training Run Strength Training Long Run Rest Day Rest Day Rest Day Training Run Strength Training Run Rest Day Rest Day Rest Day Training Run Strength Training Run Rest Day Smiles Rest Day Rest Day Training Run Strength Training Run Rest Day Smiles Rest Day Smiles Rest Day R			Rest Day	Pace Run	Training Run	Rest Day	Training Run			23 miles
Rest Day	6		,	3 miles	4 miles	,	4 miles		-	
Rest Day				RPE: 4-5	RPE: 3-4		RPE: 3-4	45-60 mins	RPE: 2-3	
Rest Day Pace Run Training Run Rest Day Training Run Strength Training Run Rest Day Rest Day Pace Run Training Run Rest Day Training Run Strength Training Run Rest Day Rest Day Rest Day Rest Day Training Run Rest Day Training Run Rest Day Res	7		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	23 miles
Rest Day				4 miles	5 miles		5 miles		9 miles	
Rest Day				RPE: 4-5	RPE: 3-4		RPE: 3-4	45-60 mins	RPE: 2-3	
Rest Day Pace Run Training Run Strength Training Long Run Strength Training Long Run Rest Day Pace Run Training Run Rest Day Training Run Strength Training Rome Strength Training Rome Rest Day Rest Day Training Run Strength Training Rome Rest Day Rest Day Training Run Rest Day Training Run Rest Day Training Run Rest Day Training Run Rest Day Rest Day Rest Day Rest Day Training Run Rest Day Training Run Rest Day Re	8		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	29 miles
				4 miles	5 miles		5 miles		15 miles	
Pack				RPE: 4-5	RPE: 3-4		RPE: 3-4	45-60 mins	RPE: 2-3	
Rest Day	9		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	30 miles
Rest Day				4 miles	5 miles		5 miles		16 miles	
10				RPE: 4-5	RPE: 3-4		RPE: 3-4	45-60 mins	RPE: 2-3	
RPE: 4-5 RPE: 3-4 Rest Day Pace Run Training Run Rest Day Training Run Rest Day Training Run Rest Day Training Run Rest Day Training Run Strength Training Long Run 34	10		Rest Day		-	Rest Day	-	Strength Training		28 miles
Rest Day										
11										22 '
Rest Day	11		Rest Day		-	Rest Day	-	Strength Training		33 miles
Rest Day								45 60 mins		
12			Post Day			Post Day				34 miles
Rest Day	12		nest bay		-	incst bay	_	Strength Haming	-	34 miles
Rest Day								45-60 mins		
Tailing Run Smiles RPE: 3-4 Rest Day Pace Run Training Run Rest Day Pace Run Training Run Rest Day Training Run Rest Day Training Run Rest Day Rest Day Training Run Rest Day Rest Day Rest Day Rest Day Rest Day Training Run Rest Day Training Run Rest Day Rest Da			Rest Day			Rest Day		Strength Training		34 miles
RPE: 4-5 RPE: 3-4 RPE: 3-4 45-60 mins RPE: 2-3	13		,						-	
Taining Run Smiles RPE: 3-4 Rest Day Pace Run Training Run Rest Day Training Run Rest Day Rest Day Pace Run Training Run Rest Day Rest Day Rest Day Rest Day Rest Day Training Run Rest Day Rest Day Rest Day Rest Day Training Run Rest Day Rest								45-60 mins		
Taining Run Smiles RPE: 3-4 Rest Day Pace Run Training Run Rest Day Training Run Rest Day Rest Day Pace Run Training Run Rest Day Rest Day Rest Day Rest Day Rest Day Training Run Rest Day Rest Day Rest Day Rest Day Training Run Rest Day Rest	14		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	37 miles
Rest Day Pace Run Training Run Rest Day Training Run 6 miles 13 miles RPE: 3 - 5				5 miles	7 miles		6 miles		19 miles	
15 5 miles 7 miles 6 miles 13 miles RPE: 3-4 RPE: 3-4 45-60 mins RPE: 3 - 5 16 Rest Day Pace Run Training Run Strength Training Long Run 37 5 miles 8 miles 6 miles 18 miles RPE: 3-4 45-60 mins RPE: 2-3 Rest Day Pace Run Training Run Rest Day Training Run Strength Training Long Run 39 17 5 miles 8 miles 6 miles 20 miles 20 miles RPE: 3-4 45-60 mins RPE: 2-3 45-60 mins RPE: 2-3 24 45-60 mins RPE: 2-3 4 16 4 miles RPE: 2-3 RPE: 2-3 45-60 mins RPE: 2-3 4 16 16 16 16 16 16 16 16 16 16 16				RPE: 4-5	RPE: 3-4		RPE: 3-4	45-60 mins	RPE: 2-3	
Rest Day	15		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	HALF	31 miles
Rest Day Pace Run Training Run Rest Day Training Run Strength Training Long Run 18 miles RPE: 4-5 RPE: 3-4 45-60 mins RPE: 2-3				5 miles	7 miles		6 miles		13 miles	
16 5 miles 8 miles 6 miles 18 miles RPE: 4-5 RPE: 3-4 45-60 mins RPE: 2-3 17 Rest Day Pace Run Training Run Rest Day Strength Training Long Run 39 18 RPE: 4-5 RPE: 3-4 RPE: 3-4 45-60 mins RPE: 2-3 18 Rest Day Pace Run Training Run Rest Day Strength Training Long Run 18 3 miles 4 miles 4 miles 13 miles RPE: 4-5 RPE: 3-4 REst Day Training Run Strength Training Long Run 19 Rest Day Pace Run Training Run Rest Day Training Run Strength Training Long Run 19 Rest Day Pace Run Training Run Rest Day Strength Training Long Run 19 Rest Day Rest Day Rest Day Strength Training Long Run 19 Rest Day <				RPE: 4-5	RPE: 3-4		RPE: 3-4	45-60 mins	RPE: 3 - 5	
Rest Day			Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	37 miles
Rest Day Pace Run Training Run 6 miles RPE: 4-5 RPE: 3-4 Rest Day Training Run Strength Training Long Run Rest Day Pace Run Training Run Rest Day Training Run Strength Training Long Run Rest Day Pace Run Training Run Rest Day Training Run Strength Training Long Run A miles RPE: 4-5 RPE: 3-4 A5-60 mins RPE: 2-3 Rest Day Pace Run Training Run Rest Day Training Run Strength Training Long Run Rest Day Pace Run Training Run Rest Day Training Run Strength Training Long Run Rest Day Pace Run Training Run Rest Day Training Run Strength Training Long Run Rest Day Training Run Rest Day Easy Run MARATHON 34	16			5 miles	8 miles		6 miles		18 miles	
17 5 miles 8 miles 6 miles 20 miles RPE: 2-3 Rest Day Pace Run Training Run Rest Day Training Run Strength Training Long Run 18 3 miles 4 miles 4 miles 13 miles RPE: 3-4 45-60 mins RPE: 2-3 Rest Day Pace Run Training Run Rest Day Training Run Strength Training Long Run 16 19 2 miles 3 miles 3 miles 8 miles 8 miles RPE: 4-5 RPE: 3-4 45-60 mins RPE: 2-3 Rest Day Training Run Rest Day Easy Run MARATHON 34				RPE: 4-5	RPE: 3-4		RPE: 3-4	45-60 mins	RPE: 2-3	
RPE: 4-5 RPE: 3-4 RPE: 3-4 45-60 mins RPE: 2-3 18 Rest Day Pace Run Training Run Rest Day Training Run Strength Training Long Run 24 18 3 miles 4 miles 4 miles 13 miles RPE: 2-3 RPE: 3-4 45-60 mins RPE: 2-3 RPE: 2-3 19 Rest Day Pace Run Training Run Rest Day Training Run Strength Training Long Run 16 19 2 miles 3 miles 3 miles 8 miles 8 miles RPE: 4-5 RPE: 3-4 45-60 mins RPE: 2-3 RPE: 2-3 Rest Day Training Run Rest Day Easy Run MARATHON 34	17		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	39 miles
Rest Day Pace Run Training Run Rest Day Training Run Strength Training Long Run 24 miles A miles RPE: 4-5 RPE: 3-4 45-60 mins RPE: 2-3 Rest Day Pace Run Training Run Rest Day Training Run Strength Training Long Run 16 2 miles 3 miles RPE: 3-4 45-60 mins RPE: 2-3 Rest Day Training Run Rest Day Easy Run Rest Day Easy Run MARATHON 34										
18 3 miles 4 miles 4 miles 13 miles RPE: 4-5 RPE: 3-4 45-60 mins RPE: 2-3 19 Rest Day Pace Run Training Run Rest Day Strength Training Long Run 16 2 miles 3 miles 8 miles 8 miles RPE: 4-5 RPE: 3-4 45-60 mins RPE: 2-3 Rest Day Training Run Rest Day Easy Run MARATHON 34			_							24 "
RPE: 4-5 RPE: 3-4 RPE: 3-4 45-60 mins RPE: 2-3 19 Rest Day Pace Run Training Run Rest Day Training Run Strength Training Long Run 16 2 miles 3 miles 3 miles 8 miles 8 miles RPE: 3-4 45-60 mins RPE: 2-3 Rest Day Training Run Rest Day Easy Run Rest Day Easy Run MARATHON 34	18		Rest Day			Rest Day	_	Strength Training		24 miles
Rest Day Pace Run Training Run Rest Day Training Run Strength Training Long Run 16 2 miles 3 miles 3 miles RPE: 3-4 45-60 mins RPE: 2-3 Rest Day Training Run Rest Day Easy Run Rest Day Easy Run MARATHON 34								4F CO == 1 ==		
19 2 miles 3 miles 8 miles RPE: 4-5 RPE: 3-4 45-60 mins RPE: 2-3 Rest Day Training Run Rest Day Easy Run Rest Day Easy Run MARATHON 34			D-+LD			Boot D				16!
RPE: 4-5 RPE: 3-4 RPE: 3-4 45-60 mins RPE: 2-3 Rest Day Training Run Rest Day Easy Run Rest Day Easy Run MARATHON 34	10		Kest Day		-	Kest Day	-	Strength Training		16 miles
Rest Day Training Run Rest Day Easy Run Rest Day Easy Run MARATHON 34	פו							15 60 mins		
			Post Day			Facu Dun				24 miles
Jillies Jillies Zoz miles	20		nest Day		nest Day	-	nest Day	-		34 miles
RPE: 3-4 RPE: 2-3 RPE: 2-3 RPE: 5										