

Based on your previous runs and activities, here is your personalized marathon training plan starting from 2023-07-30 and ending on 2023-12-10:

Week 1:

Day 1, 2023-07-30: Swim for 30 minutes  
Day 2: 2 miles easy run  
Day 3: 1.5 miles easy run  
Day 4: 2.5 miles easy run  
Day 5: Bike for 30 minutes  
Day 6: 3 miles easy run  
Day 7: 2 miles easy run

Week 2:

Day 8: Yoga for 30 minutes  
Day 9: 2 miles easy run  
Day 10: 1.5 miles easy run  
Day 11: 3 miles easy run  
Day 12: Swim for 30 minutes  
Day 13: 3.5 miles easy run  
Day 14: 2 miles easy run

Week 3:

Day 15: Yoga for 30 minutes  
Day 16: 2.5 miles easy run  
Day 17: 2 miles easy run  
Day 18: 3.5 miles easy run  
Day 19: Swim for 30 minutes  
Day 20: Long run - 4 miles at an easy pace  
Day 21: 2 miles easy run

Week 4:

Day 22: Bike 4 miles  
Day 23: 2.5 miles easy run  
Day 24: 2 miles easy run  
Day 25: 4 miles easy run  
Day 26: Bike 5 miles  
Day 27: Long run - 5 miles at an easy pace  
Day 28: 2 miles easy run

Week 5:

Day 29: Yoga for 30 minutes  
Day 30: 5 miles easy run  
Day 31: 2 miles easy run  
Day 32: 3 miles easy run  
Day 33: Swim for 30 minutes  
Day 34: Long run - 6 miles at an easy pace  
Day 35: 2 miles easy run

Week 6:

Day 36: Bike ride to and from a local park (4 miles)  
Day 37: Long run - 6 miles at an easy pace  
Day 38: 2 miles easy run  
Day 39: 3 miles easy run  
Day 40: Yoga for 30 minutes  
Day 41: 2 miles easy run  
Day 42: Long run - 7 miles easy run

Week 7:

Day 43: Swim for 30 minutes

Day 44: Long run - 7 miles at an easy pace  
Day 45: 2 miles easy run  
Day 46: 3.5 miles easy run  
Day 47: Yoga for 30 minutes  
Day 48: 2 miles easy run  
Day 49: Long run - 8 miles at an easy pace

Week 8:

Day 50: Bike for 30 minutes  
Day 51: Long run - 8 miles at an easy pace  
Day 52: 2 miles easy run  
Day 53: 3.5 miles easy run  
Day 54: Swim for 30 minutes  
Day 55: 2 miles easy run  
Day 56: Long run - 9 miles at an easy pace

Week 9:

Day 57: Yoga for 30 minutes  
Day 58: Long run - 6 miles easy run  
Day 59: 2 miles easy run  
Day 60: 4 miles easy run  
Day 61: Bike for 30 minutes  
Day 62: Long run - 10 miles at an easy pace  
Day 63: 2 miles easy run

Week 10:

Day 64: Swim for 30 minutes  
Day 65: Long run - 7 miles easy run  
Day 66: 2 miles easy run  
Day 67: 4 miles easy run  
Day 68: Yoga for 30 minutes  
Day 69: Long run - 11 miles easy run  
Day 70: 2 miles easy run

Week 11:

Day 71: Bike for 30 minutes  
Day 72: Long run - 6 miles at an easy pace  
Day 73: 2 miles easy run  
Day 74: 4 miles easy run  
Day 75: Swim for 30 minutes  
Day 76: Long run - 12 miles easy run  
Day 77: 2 miles easy run

Week 12:

Day 78: Yoga for 30 minutes  
Day 79: Long run - 6 miles at an easy pace  
Day 80: 2 miles medium run  
Day 81: 4.5 miles easy run  
Day 82: Swim for 30 minutes  
Day 83: Long run - 13 miles at an easy pace  
Day 84: 2 miles easy run

Week 13:

Day 85: Bike for 30 minutes  
Day 86: Long run - 6 miles easy run  
Day 87: 2 miles easy run  
Day 88: 4 miles easy run  
Day 89: Yoga for 30 minutes

Day 90: Long run - 14 miles at an easy pace

Day 91: 2 miles easy run

Week 14:

Day 92: Swim for 30 minutes

Day 93: 6 miles easy run

Day 94: 2 miles medium run

Day 95: 5 miles easy run

Day 96: Bike for 30 minutes

Day 97: Long run - 14 miles at an easy pace

Day 98: 1.5 miles sprint intervals

Week 15:

Day 99: Yoga for 30 minutes

Day 100: Long run - 7 miles easy run

Day 101: 2 miles easy run

Day 102: 5 miles easy run

Day 103: Swim for 30 minutes

Day 104: Long run - 14 miles at an easy pace

Day 105: 2 miles easy run

Week 16:

Day 106: Bike for 30 minutes

Day 107: 4.5 miles easy run

Day 108: 4.5 miles easy run

Day 109: 4.5 miles easy run

Day 110: Yoga for 30 minutes

Day 111: Long run - 13 miles easy run

Day 112: 2 miles easy run

Week 17:

Day 113: Swim for 30 minutes

Day 114: 5 miles easy run

Day 115: 2 miles easy run

Day 116: 5 miles easy run

Day 117: Bike for 30 minutes

Day 118: Long run - 14 miles at an easy pace

Day 119: 2 miles easy run

Week 18:

Day 120: Yoga for 30 minutes

Day 121: 5 miles easy run

Day 122: 5 miles easy run

Day 123: 4.5 miles easy run

Day 124: Swim for 30 minutes

Day 125: Long run - 13 miles at an easy pace

Day 126: 2 miles easy run

Week 19:

Day 127: Bike for 30 minutes

Day 128: 5.5 miles easy run

Day 129: 4 miles easy run

Day 130: 5 miles easy run

Day 131: Yoga for 30 minutes

Day 132: Long run - 14 miles at an easy pace

Day 133: 2 miles easy run

Week 20:

Day 134: Swim for 20 minutes  
Day 135: 5 miles easy run  
Day 136: 4.5 miles easy run  
Day 137: 5.5 miles easy run  
Day 138: Bike for 30 minutes  
Day 139: Long run - 14 miles at an easy pace  
Day 140: 2 miles easy run

Week 21:

Day 141: Yoga for 30 minutes  
Day 142: 3.5 miles easy run  
Day 143: 4.5 miles easy run  
Day 144: 5 miles easy run  
Day 145: Swim for 20 minutes  
Day 146: Rest  
Day 147: Rest

2023-12-10: Marathon Day!

Note: This plan assumes that you are currently able to comfortably run 2 miles at an easy pace. Adjustments may need to be made if you are not yet at this level. Additionally, the plan includes cross-training and rest days to ensure proper recovery and prevent injury.