

12 weeks to a Marathon



WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	Rest	5.0km run	5.0km run	5.0km run	Rest	10km run	1hr x-train
2	Rest	5.0km run	5.0km run	5.0km run	Rest	11km run	1hr x-train
3	Rest	5.0km run	6.0km run	5.0km run	Rest	15km run	1hr x-train
4	Rest	5.0km run	9.0km run	5.0km run	Rest	19km run	1hr x-train
5	Rest	5.0km run	11km run	7.0km run	Rest	16km run	1hr x-train
6	Rest	5.0km run	11km run	7.0km run	Rest	24km run	1hr x-train
7	Rest	7.0km run	13km run	7.0km run	Rest	25km run	1hr x-train
8	Rest	7.0km run	13km run	8.0km run	Rest	19km run	1hr x-train
9	Rest	7.0km run	15km run	8.0km run	Rest	29km run	1hr x-train
10	Rest	8.0km run	15km run	8.0km run	Rest	32km run	1hr x-train
11	Rest	7.0km run	10km run	5.0kmrun	Rest	12km run	1hr x-train
12	Rest	5.0kmrun	6.0km run	3.0km run	Rest	Rest	Race day