

Week	Distance (km)	Time (hh:mm:ss)
1	5	00:30:00
2	7	00:45:00
3	10	01:00:00
4	12	01:10:00
5	15	01:25:00
<i>Goal</i>	<i>42.195</i>	<i>02:45:00</i>

Week	Distance (km)	Time (hh:mm:ss)
6	18	01:40:00
7	20	01:50:00
8	22	02:00:00
...
<i>Goal</i>	<i>42.195</i>	<i>02:45:00</i>

Table 1: Training regimen for Marathon