

# My Training plan

## Marathon - 20 Weeks

### **Week 1:**

Monday - Run for 45 minutes

Tuesday - Rest

Wednesday - Intervals: Run for 5 minutes at a comfortable pace, then increase the pace for 1 minute, then return to the comfortable pace for 3 minutes. Repeat this cycle for 30 minutes.

Thursday - Run for 45 minutes

Friday - Run for 45 minutes

Saturday - Rest

Sunday - Long Run: Run for 180 minutes

### **Week 2:**

Monday - Run for 45 minutes

Tuesday - Rest

Wednesday - Tempo Run: Run for 10 minutes at a comfortable pace, then increase the pace for 10 minutes, then return to the comfortable pace for 10 minutes. Repeat this cycle for 30 minutes.

Thursday - Run for 45 minutes

Friday - Run for 45 minutes

Saturday - Rest

Sunday - Long Run: Run for 150 minutes

### **Week 3:**

Monday - Run for 45 minutes

Tuesday - Rest

Wednesday - Intervals: Run for 5 minutes at a comfortable pace, then increase the pace for 1 minute, then return to the comfortable pace for 3 minutes. Repeat this cycle for 30 minutes.

Thursday - Run for 45 minutes

Friday - Run for 45 minutes

Saturday - Rest

Sunday - Long Run: Run for 160 minutes

### **Week 4:**

Monday - Run for 30 minutes

Tuesday - Rest

Wednesday - Rest

Thursday - Run for 30 minutes

Friday - Run for 30 minutes

Saturday - Rest

Sunday - Long Run: Run for 120 minutes

### **Week 5:**

Monday - Run for 45 minutes

Tuesday - Rest

Wednesday - Tempo Run: Run for 10 minutes at a comfortable pace, then increase the pace for 10 minutes, then return to the comfortable pace for 10 minutes. Repeat this cycle for 30 minutes.

Thursday - Run for 45 minutes

Friday - Run for 45 minutes

Saturday - Rest

Sunday - Long Run: Run for 170 minutes

**Week 6:**

Monday - Run for 45 minutes

Tuesday - Rest

Wednesday - Intervals: Run for 5 minutes at a comfortable pace, then increase the pace for 1 minute, then return to the comfortable pace for 3 minutes. Repeat this cycle for 30 minutes.

Thursday - Run for 45 minutes

Friday - Run for 45 minutes

Saturday - Rest

Sunday - Long Run: Run for 150 minutes

**Week 7:**

Monday - Run for 45 minutes

Tuesday - Rest

Wednesday - Tempo Run: Run for 10 minutes at a comfortable pace, then increase the pace for 10 minutes, then return to the comfortable pace for 10 minutes. Repeat this cycle for 30 minutes.

Thursday - Run for 45 minutes

Friday - Run for 45 minutes

Saturday - Rest

Sunday - Long Run: Run for 160 minutes

**Week 8:**

Monday - Run for 30 minutes

Tuesday - Rest

Wednesday - Rest

Thursday - Run for 30 minutes

Friday - Run for 30 minutes

Saturday - Rest

Sunday - Long Run: Run for 120 minutes

**Week 9:**

Monday - Run for 45 minutes

Tuesday - Rest

Wednesday - Intervals: Run for 5 minutes at a comfortable pace, then increase the pace for 1 minute, then return to the comfortable pace for 3 minutes. Repeat this cycle for 30 minutes.

Thursday - Run for 45 minutes

Friday - Run for 45 minutes

Saturday - Rest

Sunday - Long Run: Run for 170 minutes

**Week 10:**

Monday - Run for 45 minutes

Tuesday - Rest

Wednesday - Tempo Run: Run for 10 minutes at a comfortable pace, then increase the pace for 10 minutes, then return to the comfortable pace for 10 minutes. Repeat this cycle for 30 minutes.

Thursday - Run for 45 minutes

Friday - Run for 45 minutes

Saturday - Rest

Sunday - Long Run: Run for 150 minutes

**Week 11:**

Monday - Run for 45 minutes

Tuesday - Rest

Wednesday - Intervals: Run for 5 minutes at a comfortable pace, then increase the pace for 1 minute, then return to the comfortable pace for 3 minutes. Repeat this cycle for 30 minutes.

Thursday - Run for 45 minutes

Friday - Run for 45 minutes

Saturday - Rest

Sunday - Long Run: Run for 160 minutes

**Week 12:**

Monday - Run for 30 minutes

Tuesday - Rest

Wednesday - Rest

Thursday - Run for 30 minutes

Friday - Run for 30 minutes

Saturday - Rest

Sunday - Long Run: Run for 120 minutes

**Week 13:**

Monday - Run for 45 minutes

Tuesday - Rest

Wednesday - Tempo Run: Run for 10 minutes at a comfortable pace, then increase the pace for 10 minutes, then return to the comfortable pace for 10 minutes. Repeat this cycle for 30 minutes.

Thursday - Run for 45 minutes

Friday - Run for 45 minutes

Saturday - Rest

Sunday - Long Run: Run for 170 minutes

**Week 14:**

Monday - Run for 45 minutes

Tuesday - Rest

Wednesday - Intervals: Run for 5 minutes at a comfortable pace, then increase the pace for 1 minute, then return to the comfortable pace for 3 minutes. Repeat this cycle for 30 minutes.

Thursday - Run for 45 minutes

Friday - Run for 45 minutes

Saturday - Rest

Sunday - Long Run: Run for 150 minutes

**Week 15:**

Monday - Run for 45 minutes

Tuesday - Rest

Wednesday - Tempo Run: Run for 10 minutes at a comfortable pace, then increase the pace for 10 minutes, then return to the comfortable pace for 10 minutes. Repeat this cycle for 30 minutes.

Thursday - Run for 45 minutes

Friday - Run for 45 minutes

Saturday - Rest

Sunday - Long Run: Run for 160 minutes

**Week 16:**

Monday - Run for 30 minutes

Tuesday - Rest

Wednesday - Rest

Thursday - Run for 30 minutes

Friday - Run for 30 minutes

Saturday - Rest

Sunday - Long Run: Run for 120 minutes

**Week 17:**

Monday - Run for 45 minutes

Tuesday - Rest

Wednesday - Intervals: Run for 5 minutes at a comfortable pace, then increase the pace for 1 minute, then return to the comfortable pace for 3 minutes. Repeat this cycle for 30 minutes.

Thursday - Run for 45 minutes

Friday - Run for 45 minutes

Saturday - Rest

Sunday - Long Run: Run for 170 minutes

**Week 18:**

Monday - Run for 45 minutes

Tuesday - Rest

Wednesday - Tempo Run: Run for 10 minutes at a comfortable pace, then increase the pace for 10 minutes, then return to the comfortable pace for 10 minutes. Repeat this cycle for 30 minutes.

Thursday - Run for 45 minutes

Friday - Run for 45 minutes

Saturday - Rest

Sunday - Long Run: Run for 150 minutes

**Week 19:**

Monday - Run for 45 minutes

Tuesday - Rest

Wednesday - Intervals: Run for 5 minutes at a comfortable pace, then increase the pace for 1 minute, then return to the comfortable pace for 3 minutes. Repeat this cycle for 30 minutes.

Thursday - Run for 45 minutes

Friday - Run for 45 minutes

Saturday - Rest

Sunday - Long Run: Run for 160 minutes

**Week 20:**

Monday - Run for 30 minutes

Tuesday - Rest

Wednesday - Rest

Thursday - Run for 30 minutes

Friday - Run for 30 minutes

Saturday - Rest

Sunday - Long Run: Run for 90 minutes