

My Training plan

Marathon - 20 Weeks

Week 1:

Monday - Easy Run: 45 minutes

Tuesday - Rest

Wednesday - Intervals: 10 minutes warm up, 8 x 1 minute hard with 1 minute easy recovery, 10 minutes cool down

Thursday - Easy Run: 45 minutes

Friday - Rest

Saturday - Rest

Sunday - Long Run: 90 minutes

Week 2:

Monday - Easy Run: 45 minutes

Tuesday - Rest

Wednesday - Tempo Run: 10 minutes warm up, 20 minutes at 10K pace, 10 minutes cool down

Thursday - Easy Run: 45 minutes

Friday - Rest

Saturday - Rest

Sunday - Long Run: 90 minutes

Week 3:

Monday - Easy Run: 45 minutes

Tuesday - Rest

Wednesday - Intervals: 10 minutes warm up, 8 x 1 minute hard with 1 minute easy recovery, 10 minutes cool down

Thursday - Easy Run: 45 minutes

Friday - Rest

Saturday - Rest

Sunday - Long Run: 90 minutes

Week 4:

Monday - Easy Run: 45 minutes

Tuesday - Rest

Wednesday - Easy Run: 45 minutes

Thursday - Rest

Friday - Rest

Saturday - Rest

Sunday - Long Run: 45 minutes

Week 5:

Monday - Easy Run: 45 minutes

Tuesday - Rest

Wednesday - Tempo Run: 10 minutes warm up, 20 minutes at 10K pace, 10 minutes cool down

Thursday - Easy Run: 45 minutes

Friday - Rest

Saturday - Rest

Sunday - Long Run: 90 minutes

Week 6:

Monday - Easy Run: 45 minutes

Tuesday - Rest

Wednesday - Intervals: 10 minutes warm up, 8 x 1 minute hard with 1 minute easy recovery, 10 minutes cool down

Thursday - Easy Run: 45 minutes

Friday - Rest

Saturday - Rest

Sunday - Long Run: 90 minutes

Week 7:

Monday - Easy Run: 45 minutes

Tuesday - Rest

Wednesday - Easy Run: 45 minutes

Thursday - Rest

Friday - Rest

Saturday - Rest

Sunday - Long Run: 45 minutes

Week 8:

Monday - Easy Run: 45 minutes

Tuesday - Rest

Wednesday - Tempo Run: 10 minutes warm up, 20 minutes at 10K pace, 10 minutes cool down

Thursday - Easy Run: 45 minutes

Friday - Rest

Saturday - Rest

Sunday - Long Run: 90 minutes

Week 9:

Monday - Easy Run: 45 minutes

Tuesday - Rest

Wednesday - Intervals: 10 minutes warm up, 8 x 1 minute hard with 1 minute easy recovery, 10 minutes cool down

Thursday - Easy Run: 45 minutes

Friday - Rest

Saturday - Rest

Sunday - Long Run: 90 minutes

Week 10:

Monday - Easy Run: 45 minutes

Tuesday - Rest

Wednesday - Easy Run: 45 minutes

Thursday - Rest

Friday - Rest

Saturday - Rest

Sunday - Long Run: 45 minutes

Week 11:

Monday - Easy Run: 45 minutes

Tuesday - Rest

Wednesday - Tempo Run: 10 minutes warm up, 20 minutes at 10K pace, 10 minutes cool down

Thursday - Easy Run: 45 minutes

Friday - Rest

Saturday - Rest

Sunday - Long Run: 90 minutes

Week 12:

Monday - Easy Run: 45 minutes

Tuesday - Rest

Wednesday - Intervals: 10 minutes warm up, 8 x 1 minute hard with 1 minute easy recovery, 10 minutes cool down

Thursday - Easy Run: 45 minutes

Friday - Rest

Saturday - Rest

Sunday - Long Run: 90 minutes

Week 13:

Monday - Easy Run: 45 minutes

Tuesday - Rest

Wednesday - Easy Run: 45 minutes

Thursday - Rest

Friday - Rest

Saturday - Rest

Sunday - Long Run: 45 minutes

Week 14:

Monday - Easy Run: 45 minutes

Tuesday - Rest

Wednesday - Tempo Run: 10 minutes warm up, 20 minutes at 10K pace, 10 minutes cool down

Thursday - Easy Run: 45 minutes

Friday - Rest

Saturday - Rest

Sunday - Long Run: 90 minutes

Week 15:

Monday - Easy Run: 45 minutes

Tuesday - Rest

Wednesday - Intervals: 10 minutes warm up, 8 x 1 minute hard with 1 minute easy recovery, 10 minutes cool down

Thursday - Easy Run: 45 minutes

Friday - Rest

Saturday - Rest

Sunday - Long Run: 90 minutes

Week 16:

Monday - Easy Run: 45 minutes

Tuesday - Rest

Wednesday - Easy Run: 45 minutes

Thursday - Rest

Friday - Rest

Saturday - Rest

Sunday - Long Run: 45 minutes

Week 17:

Monday - Easy Run: 45 minutes

Tuesday - Rest

Wednesday - Tempo Run: 10 minutes warm up, 20 minutes at 10K pace, 10 minutes cool down

Thursday - Easy Run: 45 minutes

Friday - Rest

Saturday - Rest

Sunday - Long Run: 90 minutes

Week 18:

Monday - Easy Run: 45 minutes

Tuesday - Rest

Wednesday - Intervals: 10 minutes warm up, 8 x 1 minute hard with 1 minute easy recovery, 10 minutes cool down

Thursday - Easy Run: 45 minutes

Friday - Rest

Saturday - Rest

Sunday - Long Run: 90 minutes

Week 19:

Monday - Easy Run: 45 minutes

Tuesday - Rest

Wednesday - Easy Run: 45 minutes

Thursday - Rest

Friday - Rest

Saturday - Rest

Sunday - Long Run: 45 minutes

Week 20:

Monday - Easy Run: 45 minutes

Tuesday - Rest

Wednesday - Easy Run: 45 minutes

Thursday - Rest

Friday - Rest

Saturday - Rest

Sunday - Long Run: 30 minutes