

My Training plan

Marathon - 16 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 in between, 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 tempo 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 in between, 10 minutes cool down

Thursday - Easy Run: 45 minutes

Friday - Rest

Saturday - Rest

Sunday - Long Run: 90 minutes

Week 4:

Easy Week:

Monday - Rest

Tuesday - Rest

Wednesday - Rest

Thursday - Easy Run: 30 minutes

Friday - Rest

Saturday - Rest

Sunday - Long Run: 60 minutes

Week 5:

Monday - Easy Run: 45 minutes

Tuesday - Rest

Wednesday - Tempo Run: 10 minutes warm up, 20 minutes at tempo 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 in between, 10 minutes cool down

Thursday - Easy Run: 45 minutes

Friday - Rest

Saturday - Rest

Sunday - Long Run: 90 minutes

Week 7:**Easy Week:**

Monday - Rest

Tuesday - Rest

Wednesday - Rest

Thursday - Easy Run: 30 minutes

Friday - Rest

Saturday - Rest

Sunday - Long Run: 60 minutes

Week 8:

Monday - Easy Run: 45 minutes

Tuesday - Rest

Wednesday - Tempo Run: 10 minutes warm up, 20 minutes at tempo 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 in between, 10 minutes cool down

Thursday - Easy Run: 45 minutes

Friday - Rest

Saturday - Rest

Sunday - Long Run: 90 minutes

Week 10:**Easy Week:**

Monday - Rest

Tuesday - Rest

Wednesday - Rest

Thursday - Easy Run: 30 minutes

Friday - Rest

Saturday - Rest

Sunday - Long Run: 60 minutes

Week 11:

Monday - Easy Run: 45 minutes

Tuesday - Rest

Wednesday - Tempo Run: 10 minutes warm up, 20 minutes at tempo 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 in between, 10 minutes cool down

Thursday - Easy Run: 45 minutes

Friday - Rest

Saturday - Rest

Sunday - Long Run: 90 minutes

Week 13:

Easy Week:

Monday - Rest

Tuesday - Rest

Wednesday - Rest

Thursday - Easy Run: 30 minutes

Friday - Rest

Saturday - Rest

Sunday - Long Run: 60 minutes

Week 14:

Monday - Easy Run: 45 minutes

Tuesday - Rest

Wednesday - Tempo Run: 10 minutes warm up, 20 minutes at tempo 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 in between, 10 minutes cool down

Thursday - Easy Run: 45 minutes

Friday - Rest

Saturday - Rest

Sunday - Long Run: 90 minutes

Week 16:

Easy Week:

Monday - Rest

Tuesday - Rest

Wednesday - Rest

Thursday - Easy Run: 30 minutes

Friday - Rest

Saturday - Rest

Sunday - Long Run: 60 minutes