My Training plan

Marathon - 16 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 90 minutes