

## Marathon Training Schedule

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.	total
Week 1	Rest	3 miles	Rest, bike or swim	3 miles	Rest, bike or swim	6 miles	3 miles	15 miles
Week 2	Rest	3 miles	Rest, bike or swim	3 miles	Rest, bike or swim	8 miles	3 miles	17 miles
Week 3	Rest	3 miles	Rest, bike or swim	3 miles	Rest, bike or swim	9 miles	3 miles	18 miles
Week 4	Rest	4 miles	Rest, bike or swim	4 miles	Rest, bike or swim	8 miles	3 miles	19 miles
Week 5	Rest	3 miles	Rest, bike, or swim	4 miles	Rest, bike or swim	12 miles	3 miles	22 miles
Week 6	Rest	6 miles	Rest, bike, or swim	4 miles	Rest	10 miles	4 miles	24 miles
Week 7	Rest	5 miles	Rest, bike or swim	4 miles	Rest, bike or swim	14 miles	3 miles	26 miles
Week 8	Rest	7 miles	Rest, bike or swim	6 miles	Rest, bike or swim	10 miles	4 miles	27 miles
Week 9	Rest	6 miles	Rest, bike or swim	4 miles	Rest, bike or swim	16 miles	3 miles	29 miles
Week 10	Rest	8 miles	Rest	6 miles	Rest	12 miles	4 miles	30 miles
Week 11	Rest	8 miles	Rest	4 miles	Rest	18 miles	3 miles	33 miles
Week 12	Rest	8 miles	5 miles	6 miles	Rest	12 miles	4 miles	35 miles
Week 13	Rest	5 miles	4 miles	4 miles	Rest	20 miles	3 miles	36 miles
Week 14	Rest	6 miles	4 miles	4 miles	Rest	10 miles	4 miles	28 miles
Week 15	Rest	4 miles	Rest	3 miles	Rest	8 miles	3 miles	18 miles
Week 16	Rest	3 miles	Rest	3 miles	Rest	<b>RACE!</b>	Rest	32.2 miles