

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	3-4 mi easy run or 30-45min cross training	4mi easy	3-4 mi easy run	Rest or 30-45 min cross train (active recovery) no running	9 mi easy run	3 mi easy
Week 2	Rest	3-4 mi easy run or 30-45min cross training	5mi easy	3-4 mi easy run	Rest or 30-45 min cross train (active recovery) no running	11 mi easy run	3 mi easy
Week 3	Rest	3 mi easy run or 30min cross training	5mi easy	Progression Run: 2mi easy, 3mi increasing pace 10-15sec/mi, 1mi easy	Rest or 30-45 min cross train (active recovery) no running	14 mi easy run	5 mi easy
Week 4	Rest	3 mi easy run or 30min cross training	5mi easy	Tempo run: 1mi warm up, 3mi at goal marathon pace, 1mi cool down	Rest or 30-45 min cross train (active recovery) no running	16 mi easy run	5 mi easy
Week 5	Rest	3 mi easy run or 30min cross training	6mi easy	Hill workout: 1-2 mi warm up, 5 X (3min uphill run 5% or greater, 3min downhill easy run), 1 mi cool down	Rest or 30-45 min cross train (active recovery) no running	16 mi easy run	5 mi easy
Week 6	Rest	5 mi easy run or 45min cross training	5mi easy	Tempo run: 1-2mi warm up, 5mi at goal marathon pace, 1mi cool down	Rest or 30-45 min cross train (active recovery) no running	18 mi easy long run	3 mi easy run

Week 7	Rest	5 mi easy run or 45min cross training	7mi easy	Hill workout: 1-2 mi warm up, (5min uphill run 5% or greater, 4min, 3min, 2min, 1 min, 5min with equal easy recovery between each uphill), 1 mi cool down	Rest or 30-45 min cross train (active recovery) no running	19 mi easy long run	3 mi easy run
Week 8	Rest	5 mi easy run or 45min cross training	8mi easy	3mi easy	rest	13mi or Half Marathon	3 mi easy run
Week 9	Rest	7 mi easy run or 60min cross training	4mi easy	Tempo run: 1-2mi warm up, 5mi at goal marathon pace, 1mi cool down	rest	16mi	5 mi easy run
Week 10	Rest	6 mi easy run or 60min cross training	3mi easy	2mi easy run, 2 mi medium hard (10-15 seconds faster), (800m x 6 at goal race pace time (if goal is 4:00marathon, run each 800m in 4:00 min), 2 mi cool down (Yasso)	rest	18mi	5 mi easy run
Week 11	Rest	5 mi easy run or 60min cross training	Progression run of 7mi	5mi	rest	19mi	4 mi easy run
Week 12	Rest	6 mi easy run or 60min cross training	6mi easy	Hill workout 1-2 mi warm up, (4min uphill run 5% or greater, 4min downhill easy run) x 5, 1 mi cool down	rest	18mi	4 mi easy run

Week 13	Rest	6 mi easy run or 60min cross training	3mi easy	Tempo run: 1-2mi warm up, 6mi at goal marathon pace, 1mi cool down	rest	19mi	3 mi easy run
Week 14	Rest	5 mi easy run or 50min cross training	6mi easy	2mi easy run, 2 mi medium hard (10-15 seconds faster), (800m x 8 at goal race pace time (if goal is 4:00marathon, run each 800m in 4:00 min), 2 mi cool down (Yasso)	rest	12mi	3 mi easy run
Week 15	Rest	5 mi easy run or 50min cross training	7mi easy	5mi easy	rest	9mi	5 mi easy run
Week 16	Rest	6mi easy	4mi easy	rest	1-2 mi easy	Race!!!	Celebrate!!!