Marathon Training Schedule for Novice Runners

Week	MON	TUES	WED	THUR	FRI	SAT	SUN
1	Rest	3 miles	CT	3 miles	Rest	4 miles	3 miles EZ
2	Rest	3 miles	Rest	3 miles	CT or Rest	5 miles	3 miles EZ
3	Rest	3 miles	CT	4 miles	CT or Rest	6 miles	3 miles EZ
4	Rest	3 miles	Rest	4 miles	CT or Rest	4 miles	3 miles EZ
5	Rest	4 miles	CT	4 miles	CT or Rest	6 miles	3 miles EZ
6	Rest	4 miles	CT	4 miles	CT or Rest	8 miles	3 miles EZ
7	Rest	4 miles	CT	4 miles	CT or Rest	10 miles	3 miles EZ
8	Rest	4 miles	CT	4 miles	CT or Rest	8 miles	3 miles EZ
9	Rest	4 miles	CT	4 miles	CT or Rest	12 miles	Rest
10	4 miles EZ	4 miles	Rest	4 miles	CT or Rest	10 miles	3 miles EZ
11	Rest	4 miles	CT	4 miles	CT or Rest	14 miles	3 miles EZ
12	Rest	5 miles	CT	5 miles	CT or Rest	10 miles	3 miles EZ
13	Rest	4 miles	CT	5 miles	CT or Rest	16 miles	3 miles EZ
14	Rest	4 miles	CT	5 miles	CT or Rest	12 miles	3 miles EZ
15	Rest	4 miles	CT	5 miles	CT or Rest	18 miles	Rest
16	3 miles EZ	5 miles	Rest	6 miles	CT or Rest	12 miles	3 miles EZ
17	Rest	4 miles	CT	6 miles	CT or Rest	20 miles	3 miles EZ
18	Rest	4 miles	CT	4 miles	CT or Rest	12 miles	3 miles EZ
19	Rest	3 miles	20 minutes	3 miles	CT or Rest	8 miles	3 miles EZ
20	Rest	2 miles	20 minutes	Rest Day	20 minutes	**Race Day!**	Rest Day!

Philadelphia Marathon

Cross Train (CT): A low-impact activity to perform on the days you don't run that will increase your conditioning, help prevent injury, and add variety to your workout schedule. Examples: swimming, cycling, elliptical, rowing, walking, weight-training, yoga, Pilates, exercise videos, etc)

Easy Run (EZ): A recovery run during which you focus on running slowly.

18 Week Marathon Training Schedule for Intermediate Runners

Week	MON	TUES	WED	THUR	FRI	SAT	SUN
1	CT	3 miles	5 miles	3 miles	Rest	5 miles race pace	10 mile LR
2	CT	3 miles	5 miles	3 miles	Rest	5 miles	11 mile LR
3	CT	3 miles	6 miles	3 miles	Rest	6 miles race pace	8 mile LR
4	CT	3 miles	6 miles	3 miles	Rest	6 miles race pace	13 mile LR
5	CT	3 miles	7 miles	3 miles	Rest	7 miles	14 mile LR
6	CT	3 miles	7 miles	3 miles	Rest	7 miles race pace	10 mile LR
7	CT	4 miles	8 miles	4 miles	Rest	8 miles race pace	16 mile LR
8	CT	4 miles	8 miles	4 miles	Rest	8 miles	17 mile LR
9	CT	4 miles	9 miles	4 miles	Rest	Rest	**Half Marathon**
10	CT	4 miles	9 miles	4 miles	Rest	9 miles race pace	19 mile LR
11	CT	5 miles	10 miles	5 miles	Rest	10 miles	20 mile LR
12	CT	5 miles	6 miles	5 miles	Rest	6 miles race pace	12 mileLR
13	CT	5 miles	10 miles	5 miles	Rest	10 miles race pace	20 mile LR
14	CT	5 miles	6 miles	5 miles	Rest	6 miles	12 mile LR
15	CT	5 miles	10 miles	5 miles	Rest	10 miles race pace	20 mile LR
16	CT	5 miles	8 miles	5 miles	Rest	4 miles race pace	12 mile LR
17	CT	4 miles	6 miles	4 miles	Rest	4 miles	8 mile LR
18	CT	3 miles	4 miles	Rest	Rest	2 miles	**Marathon!**

(Side label: Philadelphia Marathon)

Cross Train (CT): A low-impact activity to perform on the days you don't run that will increase your conditioning, help prevent injury, and add variety to your workout schedule. Examples: swimming, cycling, elliptical, rowing, walking, weight-training, yoga, Pilates, exercise videos, etc)

Easy Run (EZ): A recovery run during which you focus on running slowly.

Long run (LR): The weekly mileage buildup, the most important run of the week consisting of 25-30% of your weekly mileage, depending your on goal race and experience level it could be from 4-26 miles

16 Week Marathon Training Schedule for Intermediate Runners

Week	MON	TUES	WED	THUR	FRI	SAT	SUN
1	Rest	6 miles	0-4 miles or CT	5 mile tempo	3 miles EZ	2-4 miles	10 mile LR
2	Rest	6 miles	0-4 miles or CT	2 mile speed	3 miles EZ	2-4 miles	12 mile LR
3	Rest	6 miles	0-4 miles or CT	5 mile temp	3 miles EZ	2-4 miles	6 mile LR
4	Rest	5 miles	0-3 miles or CT	4 mile speed	1-3 miles EZ	Rest	14 mile LR
5	Rest	6 miles	0-4 miles or CT	6 mile temp	3 miles EZ	2-4 miles	16 mile LR
6	Rest	6 miles	0-4 miles or CT	6 mile speed	3 miles EZ	2-4 miles	8 mile LR
7	Rest	6 miles	0-4 miles or CT	6 mile tempo	3 miles EZ	2-4 miles	18 mile LR
8	Rest	5 miles	0-3 miles or CT	8 mile speed	1-3 miles EZ	Rest	10 mile LR
9	Rest	6 miles	0-4 miles or CT	8 mile temp	3 miles EZ	2-4 miles	20 mile LR
10	Rest	6 miles	0-4 miles or CT	8 mile speed	3 miles EZ	2-4 miles	10 mile LR
11	Rest	6 miles	0-4 miles or CT	7 mile temp	3 miles EZ	2-4 miles	22-23 mile LR
12	Rest	5 miles	0-3 miles or CT	10 mile speed	1-3 miles EZ	Rest	12 mile LR
13	Rest	6 miles	0-4 miles or CT	7 mile temp	3 miles EZ	2-4 miles	23-24 mile LR
14	Rest	6 miles	0-4 miles or CT	11 mile speed	3 miles EZ	2-4 miles	10 mile LR
15	Rest	3-5 miles	Rest	4 miles	2-5 miles EZ	Rest	10 mile LR
16	Rest	3-5 miles	Rest	1-4 miles	Rest	Rest	Marathon!

Philadelphia Marathon

Cross Train (CT): A low-impact activity to perform on the days you don't run that will increase your conditioning, help prevent injury, and add variety to your workout schedule. Examples: swimming, cycling, elliptical, rowing, walking, weight-training, yoga, Pilates, exercise videos, etc)

Easy Run (EZ): A recovery run during which you focus on running slowly.

Tempo run: Maintain a comfortably hard or challenging pace; about 15 secs faster than your marathon goal minute/mile pace. A good guideline is to run at a slightly difficult speed. (It should be hard for you to carry on a conversation.)

Speed run: Your speed workouts (each mile interval) should be run at about 30 secs faster than your marathon goal pace. If you plan on running 8:30 minute miles throughout your marathon you should try and run your speed workouts at 8:00 min/mile.