



Low Milage Marathon Training Plan

| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------|---------------------|---------------------------------------|---------------------|--------------------------------------|---------------------|-----------------------------------|--------|
| Aug 5-11 | Easy Run 30 - 50 | Power Run (10) - 30 - (10) | Easy Run 30 - 50 | Hilly Run 40 - 55 | Easy Run 30 - 50 | Long Run 75 | Rest |
| Aug 12-18 | Easy Run 30 - 55 | Power Repeats (10) - 3x10r4 - (10) | Easy Run 30 - 55 | Fartlek (10) - 30 - (10) | Easy Run 30 - 55 | Long Run 75 | Rest |
| Aug 19-25 | Easy Run 25 - 45 | GMP Run (10) - 35 - (10) | Easy Run 25 - 45 | Easy Run + Strides 35 - 50 | Easy Run 25 - 45 | Long Run 90 | Rest |
| Aug 26-Sept 1 | Easy Run 35 - 65 | Tempo Run (10) - 25 - (10) | Easy Run 35 - 65 | Speed Repeats (10) - 6x3r3 - (10) | Easy Run 35 - 65 | Long Run 90 | Rest |
| Sep 2-8 | Easy Run 40 - 70 | Power Repeats (10) - 10x3r1 - (10) | Easy Run 40 - 70 | Speed Repeats (10) - 3x5r5 - (10) | Easy Run 40 - 70 | Long Run 90 | Rest |
| Sep 9-15 | Easy Run 25 - 55 | GMP Run (10) - 40 - (10) | Easy Run 25 - 55 | Speed Repeats (10) - 6x3r3 - (10) | Easy Run 25 - 55 | Long Run 105 | Rest |
| Sep 16-22 | Easy Run 35 - 65 | Power Repeats (10) - 4x10r4 - (10) | Easy Run 35 - 65 | Tempo Run (10) - 20 - (10) | Easy Run 35 - 65 | Long Run 120 | Rest |
| Sep 23-29 | Easy Run 45 - 80 | GMP Run (10) - 45 - (10) | Easy Run 45 - 80 | Speed Repeats (10) - 4x4r4 - (10) | Easy Run 45 - 80 | Long Run 105 (10-15 GMP) | Rest |
| Sep 30 - Oct 6 | Easy Run 30 - 55 | Tempo Run (10) - 30 - (10) | Easy Run 30 - 55 | Power Repeats (10) - 6x5r5 - (10) | Easy Run 30 - 55 | Long Run 120 - 150 (10-15 GMP) | Rest |
| Oct 7-13 | Easy Run 45 - 80 | Power Repeats (10) - 3x15r5 - (10) | Easy Run 45 - 80 | Speed Repeats (10) - 6x3r3 - (10) | Easy Run 45 - 80 | Long Run 105 (15-20 GMP) | Rest |
| Oct 14-20 | Easy Run 40 - 75 | GMP Run (10) - 50 - (10) | Easy Run 40 - 75 | Tempo Run (10) - 25 - (10) | Easy Run 40 - 75 | Long Run 120 - 150 (20-25 GMP) | Rest |
| Oct 21-17 | Easy Run 40 - 75 | Power Repeats (10) - 2x20r7 - (10) | Easy Run 40 - 75 | Speed Repeats (10) - 6x3r3 - (10) | Easy Run 40 - 75 | Long Run 105 (20-25 GMP) | Rest |
| Oct 28-Nov 3 | Easy Run 35 - 60 | GMP Run (10) - 60 - (10) | Easy Run 35 - 60 | Speed Repeats (10) - 4x5r5 - (10) | Easy Run 35 - 60 | Long Run 150 - 180 (20-25 GMP) | Rest |
| Nov 4-10 | Easy Run 45 - 80 | Power Repeats (10) - 5x10r4 - (10) | Easy Run 45 - 80 | Fartlek (10) - 20 - (10) | Easy Run 45 - 80 | Long Run 90 (10-15 GMP) | Rest |
| Nov 11-17 | Easy Run 35 - 60 | GMP Run (10) - 35 - (10) | Easy Run 35 - 60 | Speed Repeats (10) - 6x3r3 - (10) | Easy Run 35 - 60 | Long Run 60 | Rest |
| Nov 18-24 | Easy Run 45 | GMP Repeats (10) - 3x5r2 - (10) | Easy Run 35 | Easy Run + Strides 30 | Easy Run 20 | Race Day 26.2 Miles! | Rest |

Note weekly schedule can be shifted as needed, I recommend rest day follows your long run.

Additional Resources @ jaredward.us/philadelphia-marathon