

Marathon Training Program

	Mon	Tues	Wed	Thurs	Fri	Sa	Su	Weekly Total
WK 1	3 miles	4 miles-tempo	Off/XT	3 miles	Off/XT	5 miles-LSD	Off/XT	15
WK 2	3 miles	4 miles-track	Off/XT	3 miles	Off/XT	6 miles-LSD	Off/XT	16
WK 3	3 miles	4 miles-tempo	Off/XT	3 miles	Off/XT	8 miles-LSD	Off/XT	18
WK 4	3 miles	4 miles-easy	Off/XT	3 miles	Off/XT	5 miles-LSD	Off/XT	15
WK 5	3 miles	4.5 miles-pyramid	Off/XT	3 miles	Off/XT	8 miles-LSD	Off/XT	18.5
WK 6	3 miles	5 miles-tempo	Off/XT	3 miles	Off/XT	9 miles-LSD	Off/XT	20
WK 7	3 miles	5.5 miles-track	Off/XT	3 miles	Off/XT	11 miles-LSD	Off/XT	22.5
WK 8	3 miles	5 miles-easy	Off/XT	3 miles	Off/XT	8 miles-LSD	Off/XT	19
WK 9	3 miles	6 miles-tempo	Off/XT	3 miles	Off/XT	11 miles-LSD	Off/XT	23
WK 10	3 miles	7 miles-track	Off/XT	3 miles	Off/XT	12 miles-LSD	Off/XT	25
WK 11	3 miles	6 miles-tempo	Off/XT	3 miles	Off/XT	14 miles-LSD	Off/XT	26
WK 12	3 miles	6 miles-easy	Off/XT	3 miles	Off/XT	11 miles-LSD	Off/XT	23

WK 13	3 miles	6.75 miles-pyr.	Off/XT	3 miles	Off/XT	14 miles-LSD	Off/XT	26.75
WK 14	3 miles	7 miles-tempo	Off/XT	3 miles	Off/XT	15 miles-LSD	Off/XT	28
WK 15	3 miles	7 miles-track	Off/XT	3 miles	Off/XT	17 miles-LSD	Off/XT	30
WK 16	3 miles	7 miles-easy	Off/XT	3 miles	Off/XT	14 miles-LSD	Off/XT	27
WK 17	3 miles	8 miles-tempo	Off/XT	3 miles	Off/XT	17 miles-LSD	Off/XT	31
WK 18	3 miles	6.5 miles-track	Off/XT	3 miles	Off/XT	18 miles-LSD	Off/XT	32.5
WK 19	3 miles	8 miles-tempo	Off/XT	3 miles	Off/XT	20 miles-LSD	Off/XT	34
WK 20	3 miles	8 miles-easy	Off/XT	3 miles	Off/XT	17 miles-LSD	Off/XT	31
WK 21	3 miles	9.5 miles-pyramid	Off/XT	3 miles	Off/XT	20 miles-LSD	Off/XT	35.5
WK 22	3 miles	9 miles-tempo	Off/XT	3 miles	Off/XT	21 miles-LSD	Off/XT	36
WK 23	3 miles	7 miles-track	Off/XT	3 miles	Off/XT	8 miles-LSD	Off/XT	21
WK 24	3 miles	3 miles-track	Off/XT	2 miles	Off/XT	26.2 miles	Off/XT	34.2

By Kerry Howell, MS, ACSM HFS, ACSM CET