

# MARATHON HANDBOOK

## 16 WEEK MARATHON TRAINING PLAN: KM

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage
1		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength	Long Run	32 k
			5 k <i>RPE: 4-5</i>	7 k <i>RPE: 3-4</i>		7 k <i>RPE: 3-4</i>	45-60 mins	13 k <i>RPE: 2-3</i>	
2		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength	Long Run	35 k
			5 k <i>RPE: 4-5</i>	7 k <i>RPE: 3-4</i>		7 k <i>RPE: 3-4</i>	45-60 mins	16 k <i>RPE: 2-3</i>	
3		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength	Long Run	39 k
			6 k <i>RPE: 4-5</i>	8 k <i>RPE: 3-4</i>		8 k <i>RPE: 3-4</i>	45-60 mins	17 k <i>RPE: 2-3</i>	
4		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength	Long Run	36 k
			6 k <i>RPE: 4-5</i>	8 k <i>RPE: 3-4</i>		8 k <i>RPE: 3-4</i>	45-60 mins	14 k <i>RPE: 2-3</i>	
5		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength	Long Run	47 k
			8 k <i>RPE: 4-5</i>	10 k <i>RPE: 3-4</i>		10 k <i>RPE: 3-4</i>	45-60 mins	19 k <i>RPE: 2-3</i>	
6		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength	Long Run	52 k
			8 k <i>RPE: 4-5</i>	10 k <i>RPE: 3-4</i>		10 k <i>RPE: 3-4</i>	45-60 mins	24 k <i>RPE: 2-3</i>	
7		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength	Long Run	45 k
			8 k <i>RPE: 4-5</i>	11 k <i>RPE: 3-4</i>		10 k <i>RPE: 3-4</i>	45-60 mins	16 k <i>RPE: 2-3</i>	
8		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength	Long Run	56 k
			8 k <i>RPE: 4-5</i>	11 k <i>RPE: 3-4</i>		11 k <i>RPE: 3-4</i>	45-60 mins	26 k <i>RPE: 2-3</i>	
9		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength	Long Run	67 k
			10 k <i>RPE: 4-5</i>	13 k <i>RPE: 3-4</i>		15 k <i>RPE: 3-4</i>	45-60 mins	29 k <i>RPE: 2-3</i>	
10		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength	Long Run	56 k
			10 k <i>RPE: 4-5</i>	13 k <i>RPE: 3-4</i>		11 k <i>RPE: 3-4</i>	45-60 mins	22 k <i>RPE: 2-3</i>	
11		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength	Long Run	66 k
			10 k <i>RPE: 4-5</i>	13 k <i>RPE: 3-4</i>		13 k <i>RPE: 3-4</i>	45-60 mins	30 k <i>RPE: 2-3</i>	
12		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength	HALF	51 k
			10 k <i>RPE: 4-5</i>	10 k <i>RPE: 3-4</i>		10 k <i>RPE: 3-4</i>	45-60 mins	21.1 k <i>RPE: 5</i>	
13		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength	Long Run	68 k
			10 k <i>RPE: 4-5</i>	13 k <i>RPE: 3-4</i>		13 k <i>RPE: 3-4</i>	45-60 mins	32 k <i>RPE: 2-3</i>	
14		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength	Long Run	50 k
			10 k <i>RPE: 4-5</i>	10 k <i>RPE: 3-4</i>		10 k <i>RPE: 3-4</i>	45-60 mins	20 k <i>RPE: 2-3</i>	
15		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength	Long Run	38 k
			10 k <i>RPE: 4-5</i>	8 k <i>RPE: 3-4</i>		7 k <i>RPE: 3-4</i>	45-60 mins	13 k <i>RPE: 2-3</i>	
16		Rest Day	Training Run	Rest Day	Easy Run	Rest Day	Easy Run	MARATHON	55 k
			5 k <i>RPE: 3-4</i>		5 k <i>RPE: 2-3</i>		3 k <i>RPE: 2-3</i>	42.2 k <i>RPE: 5</i>	