

# MARATHON HANDBOOK 16 WEEK MARATHON TRAINING PLAN: MILES

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	19 miles
			3 miles RPE: 4-5	4 miles RPE: 3-4		4 miles RPE: 3-4	45-60 mins	8 miles RPE: 2-3	
2		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength	Long Run	21 miles
			3 miles RPE: 4-5	4 miles RPE: 3-4		4 miles RPE: 3-4	45-60 mins	10 miles RPE: 2-3	
3		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength	Long Run	25 miles
			4 miles RPE: 4-5	5 miles RPE: 3-4		5 miles RPE: 3-4	45-60 mins	11 miles RPE: 2-3	
4		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength	Long Run	23 miles
			4 miles RPE: 4-5	5 miles RPE: 3-4		5 miles RPE: 3-4	45-60 mins	9 miles RPE: 2-3	
5		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength	Long Run	30 miles
			5 miles RPE: 4-5	6 miles RPE: 3-4		6 miles RPE: 3-4	45-60 mins	13 miles RPE: 2-3	
6		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength	Long Run	32 miles
			5 miles RPE: 4-5	6 miles RPE: 3-4		6 miles RPE: 3-4	45-60 mins	15 miles RPE: 2-3	
7		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength	Long Run	28 miles
			5 miles RPE: 4-5	7 miles RPE: 3-4		6 miles RPE: 3-4	45-60 mins	10 miles RPE: 2-3	
8		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength	Long Run	35 miles
			5 miles RPE: 4-5	7 miles RPE: 3-4		7 miles RPE: 3-4	45-60 mins	16 miles RPE: 2-3	
9		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength	Long Run	39 miles
			6 miles RPE: 4-5	8 miles RPE: 3-4		7 miles RPE: 3-4	45-60 mins	18 miles RPE: 2-3	
10		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength	Long Run	35 miles
			6 miles RPE: 4-5	8 miles RPE: 3-4		7 miles RPE: 3-4	45-60 mins	14 miles RPE: 2-3	
11		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength	Long Run	41 miles
			6 miles RPE: 4-5	8 miles RPE: 3-4		8 miles RPE: 3-4	45-60 mins	19 miles RPE: 2-3	
12		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength	HALF	31 miles
			6 miles RPE: 4-5	6 miles RPE: 3-4		6 miles RPE: 3-4	45-60 mins	13 miles RPE: 5	
13			Pace Run	Training Run	Rest Day	Training Run	Strength	Long Run	42 miles
			6 miles RPE: 4-5	8 miles RPE: 3-4		8 miles RPE: 3-4	45-60 mins	20 miles RPE: 2-3	
14		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength	Long Run	30 miles
			6 miles RPE: 4-5	6 miles RPE: 3-4		6 miles RPE: 3-4	45-60 mins	12 miles RPE: 2-3	
15		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength	Long Run	23 miles
			6 miles RPE: 4-5	5 miles RPE: 3-4		4 miles RPE: 3-4	45-60 mins	8 miles RPE: 2-3	
16		Rest Day	Training Run	Rest Day	Easy Run	Rest Day	Easy Run	MARATHON	34 miles
			3 miles RPE: 3-4		3 miles RPE: 2-3		2 miles RPE: 2-3	26.2 miles RPE: 5	