

MARATHON HANDBOOK

20 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 Training	Long Run	25 k
			4 k <i>RPE: 4-5</i>	5 k <i>RPE: 3-4</i>		5 k <i>RPE: 3-4</i>	45-60 mins	11 k <i>RPE: 2-3</i>	
2		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	27 k
			4 k <i>RPE: 4-5</i>	5 k <i>RPE: 3-4</i>		5 k <i>RPE: 3-4</i>	45-60 mins	13 k <i>RPE: 2-3</i>	
3		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	33 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	15 k <i>RPE: 2-3</i>	
4		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	28 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	10 k <i>RPE: 2-3</i>	
5		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	36 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	18 k <i>RPE: 2-3</i>	
6		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	38 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	20 k <i>RPE: 2-3</i>	
7		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	38 k
			7 k <i>RPE: 4-5</i>	8 k <i>RPE: 3-4</i>		8 k <i>RPE: 3-4</i>	45-60 mins	15 k <i>RPE: 2-3</i>	
8		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	47 k
			7 k <i>RPE: 4-5</i>	8 k <i>RPE: 3-4</i>		8 k <i>RPE: 3-4</i>	45-60 mins	24 k <i>RPE: 2-3</i>	
9		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	49 k
			7 k <i>RPE: 4-5</i>	8 k <i>RPE: 3-4</i>		8 k <i>RPE: 3-4</i>	45-60 mins	26 k <i>RPE: 2-3</i>	
10		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	HALF MARATHON	44 k
			7 k <i>RPE: 4-5</i>	8 k <i>RPE: 3-4</i>		8 k <i>RPE: 3-4</i>	45-60 mins	21.1 k <i>RPE: 5</i>	
11		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	50 k
			7 k <i>RPE: 4-5</i>	8 k <i>RPE: 3-4</i>		8 k <i>RPE: 3-4</i>	45-60 mins	27 k <i>RPE: 2-3</i>	
12		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	36 k
			7 k <i>RPE: 4-5</i>	8 k <i>RPE: 3-4</i>		8 k <i>RPE: 3-4</i>	45-60 mins	29 k <i>RPE: 2-3</i>	
13		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	54 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	26 k <i>RPE: 2-3</i>	
14		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	59 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	31 k <i>RPE: 2-3</i>	
15		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	HALF MARATHON	49 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	21.1 k <i>RPE: 5</i>	
16		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	59 k
			8 k <i>RPE: 4-5</i>	12 k <i>RPE: 3-4</i>		10 k <i>RPE: 3-4</i>	45-60 mins	29 k <i>RPE: 2-3</i>	
17		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	63 k
			8 k <i>RPE: 4-5</i>	12 k <i>RPE: 3-4</i>		10 k <i>RPE: 3-4</i>	45-60 mins	33 k <i>RPE: 2-3</i>	
18		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	40 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	21 k <i>RPE: 2-3</i>	
19		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	26 k
			3 k <i>RPE: 4-5</i>	5 k <i>RPE: 3-4</i>		5 k <i>RPE: 3-4</i>	45-60 mins	13 k <i>RPE: 2-3</i>	
20		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 k <i>RPE: 5</i>	