

MARATHON HANDBOOK 20 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 Training	Long Run	16 miles
			2.5 miles <i>RPE: 4-5</i>	3 miles <i>RPE: 3-4</i>		3 miles <i>RPE: 3-4</i>	45-60 mins	7 miles <i>RPE: 2-3</i>	
2		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	17 miles
			2.5 miles <i>RPE: 4-5</i>	3 miles <i>RPE: 3-4</i>		3 miles <i>RPE: 3-4</i>	45-60 mins	8 miles <i>RPE: 2-3</i>	
3		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	20 miles
			3 miles <i>RPE: 4-5</i>	4 miles <i>RPE: 3-4</i>		4 miles <i>RPE: 3-4</i>	45-60 mins	9 miles <i>RPE: 2-3</i>	
4		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	17 miles
			3 miles <i>RPE: 4-5</i>	4 miles <i>RPE: 3-4</i>		4 miles <i>RPE: 3-4</i>	45-60 mins	6 miles <i>RPE: 2-3</i>	
5		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	22 miles
			3 miles <i>RPE: 4-5</i>	4 miles <i>RPE: 3-4</i>		4 miles <i>RPE: 3-4</i>	45-60 mins	11 miles <i>RPE: 2-3</i>	
6		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	23 miles
			3 miles <i>RPE: 4-5</i>	4 miles <i>RPE: 3-4</i>		4 miles <i>RPE: 3-4</i>	45-60 mins	12 miles <i>RPE: 2-3</i>	
7		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	23 miles
			4 miles <i>RPE: 4-5</i>	5 miles <i>RPE: 3-4</i>		5 miles <i>RPE: 3-4</i>	45-60 mins	9 miles <i>RPE: 2-3</i>	
8		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	29 miles
			4 miles <i>RPE: 4-5</i>	5 miles <i>RPE: 3-4</i>		5 miles <i>RPE: 3-4</i>	45-60 mins	15 miles <i>RPE: 2-3</i>	
9		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	30 miles
			4 miles <i>RPE: 4-5</i>	5 miles <i>RPE: 3-4</i>		5 miles <i>RPE: 3-4</i>	45-60 mins	16 miles <i>RPE: 2-3</i>	
10		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	HALF MARATHON	28 miles
			4 miles <i>RPE: 4-5</i>	6 miles <i>RPE: 3-4</i>		5 miles <i>RPE: 3-4</i>	45-60 mins	13 miles <i>RPE: 3 - 5</i>	
11		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	33 miles
			4 miles <i>RPE: 4-5</i>	6 miles <i>RPE: 3-4</i>		6 miles <i>RPE: 3-4</i>	45-60 mins	17 miles <i>RPE: 2-3</i>	
12		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	34 miles
			4 miles <i>RPE: 4-5</i>	6 miles <i>RPE: 3-4</i>		6 miles <i>RPE: 3-4</i>	45-60 mins	18 miles <i>RPE: 2-3</i>	
13		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	34 miles
			5 miles <i>RPE: 4-5</i>	7 miles <i>RPE: 3-4</i>		6 miles <i>RPE: 3-4</i>	45-60 mins	16 miles <i>RPE: 2-3</i>	
14		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	37 miles
			5 miles <i>RPE: 4-5</i>	7 miles <i>RPE: 3-4</i>		6 miles <i>RPE: 3-4</i>	45-60 mins	19 miles <i>RPE: 2-3</i>	
15		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	HALF	31 miles
			5 miles <i>RPE: 4-5</i>	7 miles <i>RPE: 3-4</i>		6 miles <i>RPE: 3-4</i>	45-60 mins	13 miles <i>RPE: 3 - 5</i>	
16		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	37 miles
			5 miles <i>RPE: 4-5</i>	8 miles <i>RPE: 3-4</i>		6 miles <i>RPE: 3-4</i>	45-60 mins	18 miles <i>RPE: 2-3</i>	
17		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	39 miles
			5 miles <i>RPE: 4-5</i>	8 miles <i>RPE: 3-4</i>		6 miles <i>RPE: 3-4</i>	45-60 mins	20 miles <i>RPE: 2-3</i>	
18		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	24 miles
			3 miles <i>RPE: 4-5</i>	4 miles <i>RPE: 3-4</i>		4 miles <i>RPE: 3-4</i>	45-60 mins	13 miles <i>RPE: 2-3</i>	
19		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	16 miles
			2 miles <i>RPE: 4-5</i>	3 miles <i>RPE: 3-4</i>		3 miles <i>RPE: 3-4</i>	45-60 mins	8 miles <i>RPE: 2-3</i>	
20		Rest Day	Training Run	Rest Day	Easy Run	Rest Day	Easy Run	MARATHON	34 miles
			3 miles <i>RPE: 3-4</i>		3 miles <i>RPE: 2-3</i>		2 miles <i>RPE: 2-3</i>	26.2 miles <i>RPE: 5</i>	