

MARATHON HANDBOOK 3 MONTH 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	28 k
			5 k <i>RPE: 4-5</i>	8 k <i>RPE: 3-4</i>		5 k <i>RPE: 3-4</i>	45-60 mins	10 k <i>RPE: 2-3</i>	
2		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	32 k
			5 k <i>RPE: 4-5</i>	10 k <i>RPE: 3-4</i>		5 k <i>RPE: 3-4</i>	45-60 mins	12 k <i>RPE: 2-3</i>	
3		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	38 k
			6.5 k <i>RPE: 4-5</i>	10 k <i>RPE: 3-4</i>		6.5 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	44 k
			6.5 k <i>RPE: 4-5</i>	10 k <i>RPE: 3-4</i>		6.5 k <i>RPE: 3-4</i>	45-60 mins	21.1 k <i>RPE: 2-3</i>	
5		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	43 k
			6.5 k <i>RPE: 4-5</i>	11.5 k <i>RPE: 3-4</i>		6.5 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	51 k
			6.5 k <i>RPE: 4-5</i>	11.5 k <i>RPE: 3-4</i>		6.5 k <i>RPE: 3-4</i>	45-60 mins	26 k <i>RPE: 2-3</i>	
7		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	58 k
			8 k <i>RPE: 4-5</i>	13 k <i>RPE: 3-4</i>		8 k <i>RPE: 3-4</i>	45-60 mins	29 k <i>RPE: 2-3</i>	
8		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	53 k
			8 k <i>RPE: 4-5</i>	13 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	62 k
			8 k <i>RPE: 4-5</i>	11.5 k <i>RPE: 3-4</i>		8 k <i>RPE: 3-4</i>	45-60 mins	34 k <i>RPE: 2-3</i>	
10		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Half Mara	44 k
			6.5 k <i>RPE: 4-5</i>	10 k <i>RPE: 3-4</i>		6.5 k <i>RPE: 3-4</i>	45-60 mins	21.1 k <i>RPE: 2-3</i>	
11		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	30 k
			5 k <i>RPE: 4-5</i>	6.5 k <i>RPE: 3-4</i>		5 k <i>RPE: 3-4</i>	45-60 mins	13 k <i>RPE: 2-3</i>	
12		Rest Day	Training Run	Rest Day	Easy Run	Rest Day	Easy Run	MARATHON	54 k
			5 k <i>RPE: 3-4</i>		5 k <i>RPE: 2-3</i>		2 k <i>RPE: 2-3</i>	42.2 k <i>RPE: 5</i>	