

MARATHON HANDBOOK 3 MONTH 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	17 miles
			3 miles <i>RPE: 4-5</i>	5 miles <i>RPE: 3-4</i>		3 miles <i>RPE: 3-4</i>		6 miles <i>RPE: 2-3</i>	
2		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	20 miles
			3 miles <i>RPE: 4-5</i>	6 miles <i>RPE: 3-4</i>		3 miles <i>RPE: 3-4</i>		8 miles <i>RPE: 2-3</i>	
3		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	24 miles
			4 miles <i>RPE: 4-5</i>	6 miles <i>RPE: 3-4</i>		4 miles <i>RPE: 3-4</i>		10 miles <i>RPE: 2-3</i>	
4		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	27 miles
			4 miles <i>RPE: 4-5</i>	6 miles <i>RPE: 3-4</i>		4 miles <i>RPE: 3-4</i>		13.1 miles <i>RPE: 2-3</i>	
5		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	26 miles
			4 miles <i>RPE: 4-5</i>	7 miles <i>RPE: 3-4</i>		4 miles <i>RPE: 3-4</i>		11 miles <i>RPE: 2-3</i>	
6		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	31 miles
			4 miles <i>RPE: 4-5</i>	7 miles <i>RPE: 3-4</i>		4 miles <i>RPE: 3-4</i>		16 miles <i>RPE: 2-3</i>	
7		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	35 miles
			5 miles <i>RPE: 4-5</i>	8 miles <i>RPE: 3-4</i>		4 miles <i>RPE: 3-4</i>		18 miles <i>RPE: 2-3</i>	
8		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	33 miles
			5 miles <i>RPE: 4-5</i>	8 miles <i>RPE: 3-4</i>		5 miles <i>RPE: 3-4</i>		15 miles <i>RPE: 2-3</i>	
9		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	38 miles
			5 miles <i>RPE: 4-5</i>	7 miles <i>RPE: 3-4</i>		5 miles <i>RPE: 3-4</i>		21 miles <i>RPE: 2-3</i>	
10		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Half Mara	27 miles
			4 miles <i>RPE: 4-5</i>	6 miles <i>RPE: 3-4</i>		4 miles <i>RPE: 3-4</i>		13.1 miles <i>RPE: 2-3</i>	
11		Rest Day	Pace Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	18 miles
			3 miles <i>RPE: 4-5</i>	4 miles <i>RPE: 3-4</i>		3 miles <i>RPE: 3-4</i>		8 miles <i>RPE: 2-3</i>	
12		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>	