

MARATHON HANDBOOK 3:30 MARATHON TRAINING PLAN : MILES

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage
1		Training Run 4 miles 8:00 / mile	Training Run 3 miles 8:00 / mile	Intervals 6X1000m CV Pace	Training Run 3 miles 8:00 / mile	Training Run 4 miles 8:00 / mile	Rest Day or 20 mins of cross training	Long Run 10 miles slow pace	30 miles
2		Training Run 5 miles 8:00 / mile	Training Run 3 miles 8:00 / mile	Tempo 3 miles 6-7 / 10 RPE	Training Run 3 miles 8:00 / mile	Training Run 5 miles 8:00 / mile	Rest Day or 20 mins of cross training	Long Run 11 miles 2@goal pace	33 miles
3		Training Run 5 miles 8:00 / mile	Training Run 3 miles 8:00 / mile	Intervals 6X1000m CV Pace	Training Run 3 miles 8:00 / mile	Training Run 5 miles 8:00 / mile	Rest Day or 20 mins of cross training	Long Run 10 miles slow pace	32 miles
4		Training Run 5 miles 8:00 / mile	Training Run 3 miles 8:00 / mile	Tempo 4 miles 6-7 / 10 RPE	Training Run 3 miles 8:00 / mile	Training Run 5 miles 8:00 / mile	Rest Day or 25 mins of cross training	Long Run 12 miles 3@goal pace	35 miles
5		Training Run 5 miles 8:00 / mile	Training Run 4 miles 8:00 / mile	Intervals 2x2mile 6-7 / 10 RPE	Training Run 3 miles 8:00 / mile	Training Run 5 miles 8:00 / mile	Rest Day or 30 mins of cross training	Long Run 13 miles 3@goal pace	38 miles
6		Training Run 6 miles 8:00 / mile	Training Run 3 miles 8:00 / mile	Intervals 6X1000m CV Pace	Training Run 4 miles 8:00 / mile	Training Run 6 miles 8:00 / mile	Rest Day or 30 mins of cross training	Long Run 11 miles slow pace	36 miles
7		Training Run 6 miles 8:00 / mile	Training Run 3 miles 8:00 / mile	Tempo 6 miles 6-7 / 10 RPE	Training Run 3 miles 8:00 / mile	Training Run 6 miles 8:00 / mile	Rest Day or 30 mins of cross training	Long Run 13 miles 3@goal pace	40 miles
8		Training Run 6 miles 8:00 / mile	Training Run 3 miles 8:00 / mile	Intervals 3x2mile 7-8 / 10 RPE	Training Run 3 miles 8:00 / mile	Training Run 5 miles 8:00 / mile	Rest Day or 30 mins of cross training	Long Run 15 miles 4@goal pace	42 miles
9		Training Run 5 miles 8:00 / mile	Training Run 3 miles 8:00 / mile	Tempo 7 miles 6-7 / 10 RPE	Training Run 3 miles 8:00 / mile	Training Run 5 miles 8:00 / mile	Rest Day or 20 mins of cross training	Long Run 14 miles slow pace	40 miles
10		Training Run 6 miles 8:00 / mile	Training Run 4 miles 8:00 / mile	Intervals 3x2mile 7-8 / 10 RPE	Training Run 3 miles 8:00 / mile	Training Run 5 miles 8:00 / mile	Rest Day	Half Mara 13.1 miles Race/Time Trial	44 miles
11		Training Run 6 miles 8:00 / mile	Training Run 4 miles 8:00 / mile	Tempo 8 miles 6-7 / 10 RPE	Training Run 4 miles 8:00 / mile	Training Run 7 miles 8:00 / mile	Rest Day	Long Run 16 miles slow pace	48 miles
12		Training Run 8 miles 8:00 / mile	Training Run 4 miles 8:00 / mile	Intervals 6X1000m CV Pace	Training Run 4 miles 8:00 / mile	Training Run 8 miles 8:00 / mile	Rest Day or 20 mins of cross training	Long Run 15 miles slow pace	45 miles
13		Training Run 6 miles 8:00 / mile	Training Run 3 miles 8:00 / mile	Tempo 8 miles 6-7 / 10 RPE	Training Run 4 miles 8:00 / mile	Training Run 6 miles 8:00 / mile	Rest Day	Long Run 18 miles 5@goal pace	48 miles
14		Training Run 6 miles 8:00 / mile	Training Run 3 miles 8:00 / mile	Intervals 4x2mile 7-8 / 10 RPE	Training Run 3 miles 8:00 / mile	Training Run 6 miles 8:00 / mile	Rest Day	Long Run 20 miles slow pace	52 miles
15		Training Run 7 miles 8:00 / mile	Training Run 4 miles 8:00 / mile	Tempo 8 miles 6-7 / 10 RPE	Training Run 4 miles 8:00 / mile	Training Run 6 miles 8:00 / mile	Rest Day or 30 mins of cross training	Half Marathon 13.1 miles 7:50 / mile	48 miles
16		Training Run 6 miles 8:00 / mile	Training Run 3 miles 8:00 / mile	Tempo 10 miles 6-7 / 10 RPE	Training Run 3 miles 8:00 / mile	Training Run 7 miles 8:00 / mile	Rest Day	Long Run 20 miles 6@goal pace	52 miles
17		Training Run 5 miles 8:00 / mile	Training Run 3 miles 8:00 / mile	Intervals 5x2mile 7-8 / 10 RPE	Training Run 3 miles 8:00 / mile	Training Run 5 miles 8:00 / mile	Rest Day	Long Run 22 miles slow pace	55 miles
18		Training Run 6 miles 8:00 / mile	Training Run 3 miles 8:00 / mile	Intervals 6X1000m CV Pace	Training Run 3 miles 8:00 / mile	Training Run 6 miles 8:00 / mile	Rest Day or 20 mins of cross training	Long Run 14 miles 4@goal pace	38 miles
19		Training Run 4 miles 8:00 / mile	Training Run 3 miles 8:00 / mile	Intervals 3x2mile 7-8 / 10 RPE	Training Run 3 miles 8:00 / mile	Training Run 4 miles 8:00 / mile	Rest Day	Long Run 10 miles 3@goal pace	34 miles
20		Training Run 3 miles 8:00 / mile	Intervals 3X1000m CV Pace	Rest Day	Short Run 3 miles Easy pace	Rest Day	Training 3 miles Easy Pace	MARATHON 26.2 miles 7:50 / mile	41 miles