

# MARATHON HANDBOOK

## 5k TO 10K TRAINING PLAN : MILES

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage
<b>1</b>		<b>Rest Day</b>	<b>Training Run</b>	<b>Training Run</b>	<b>Rest Day</b>	<b>Training Run</b>	<b>Strength Training</b>	<b>Long Run</b>	<b>10.5 miles</b>
			2.5 miles <i>RPE: 3-4</i>	1.5 miles <i>RPE: 3-4</i>		2.5 miles <i>RPE: 3-4</i>	45-60 mins	4 miles <i>RPE: 2-3</i>	
<b>2</b>		<b>Rest Day</b>	<b>Training Run</b>	<b>Training Run</b>	<b>Rest Day</b>	<b>Training Run</b>	<b>Strength Training</b>	<b>Long Run</b>	<b>11 miles</b>
			2.5 miles <i>RPE: 3-4</i>	1.5 miles <i>RPE: 3-4</i>		2.5 miles <i>RPE: 3-4</i>	45-60 mins	4.5 miles <i>RPE: 2-3</i>	
<b>3</b>		<b>Rest Day</b>	<b>Training Run</b>	<b>Training Run</b>	<b>Rest Day</b>	<b>Training Run</b>	<b>Strength Training</b>	<b>Long Run</b>	<b>15 miles</b>
			3 miles <i>RPE: 3-4</i>	4 miles <i>RPE: 3-4</i>		3 miles <i>RPE: 3-4</i>	45-60 mins	5 miles <i>RPE: 2-3</i>	
<b>4</b>		<b>Rest Day</b>	<b>Training Run</b>	<b>Training Run</b>	<b>Rest Day</b>	<b>Training Run</b>	<b>Strength Training</b>	<b>10k</b>	<b>16 miles</b>
			3 miles <i>RPE: 3-4</i>	4 miles <i>RPE: 3-4</i>		3 miles <i>RPE: 3-4</i>	45-60 mins		