MARATHON HANDBOOK

6 MONTH MARATHON TRAINING PLAN: KM

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage
1		Rest Day	Pace Run 3 k *RPE: 4-5*	Training Run 5 k *RPE: 3-4*	Rest Day	Training Run 5 k *RPE: 3-4*	Strength Training *45-60 mins*	Long Run 7 k *RPE: 2-3*	**20 k**
2		Rest Day	Pace Run 3 k *RPE: 4-5*	Training Run 5 k *RPE: 3-4*	Rest Day	Training Run 5 k *RPE: 3-4*	Strength Training *45-60 mins*	Long Run 8 k *RPE: 2-3*	**21 k**
3		Rest Day	Pace Run 3 k *RPE: 4-5*	Training Run 5 k *RPE: 3-4*	Rest Day	Training Run 5 k *RPE: 3-4*	Strength Training *45-60 mins*	Long Run 10 k *RPE: 2-3*	**23 k**
4		Rest Day	Pace Run 4 k *RPE: 4-5*	Training Run 5 k *RPE: 3-4*	Rest Day	Training Run 5 k *RPE: 3-4*	Strength Training *45-60 mins*	Long Run 12 k *RPE: 2-3*	**26 k**
5		Rest Day	Pace Run 4 k *RPE: 4-5*	Training Run 5 k *RPE: 3-4*	Rest Day	Training Run 5 k *RPE: 3-4*	Strength Training *45-60 mins*	Long Run 8 k *RPE: 2-3*	**22 k**
6		Rest Day	Pace Run 4 k *RPE: 4-5*	Training Run 5 k *RPE: 3-4*	Rest Day	Training Run 5 k *RPE: 3-4*	Strength Training *45-60 mins*	Long Run 13 k *RPE: 2-3*	**27 k**
7		Rest Day	Pace Run 5 k *RPE: 4-5*	Training Run 7 k *RPE: 3-4*	Rest Day	Training Run 7 k *RPE: 3-4*	Strength Training *45-60 mins*	Long Run 15 k *RPE: 2-3*	**33 k**
8		Rest Day	Pace Run 5 k *RPE: 4-5*	Training Run 7 k *RPE: 3-4*	Rest Day	Training Run 7 k *RPE: 3-4*	Strength Training *45-60 mins*	Long Run 16 k *RPE: 2-3*	**34 k**
9		Rest Day	Pace Run 5 k *RPE: 4-5*	Training Run 7 k *RPE: 3-4*	Rest Day	Training Run 7 k *RPE: 3-4*	Strength Training *45-60 mins*	Long Run 18 k *RPE: 2-3*	**36 k**
10		Rest Day	Pace Run 5 k *RPE: 4-5*	Training Run 7 k *RPE: 3-4*	Rest Day	Training Run 7 k *RPE: 3-4*	Strength Training *45-60 mins*	Long Run 13 k *RPE: 2-3*	**31 k**
11		Rest Day	Pace Run 5 k *RPE: 4-5*	Training Run 7 k *RPE: 3-4*	Rest Day	Training Run 7 k *RPE: 3-4*	Strength Training *45-60 mins*	Long Run 18 k *RPE: 2-3*	**36 k**
12		Rest Day	Pace Run 7 k *RPE: 4-5*	Training Run 8 k *RPE: 3-4*	Rest Day	Training Run 8 k *RPE: 3-4*	Strength Training *45-60 mins*	HALF MARATHON 21 k *RPE: 5*	**44 k**
13		Rest Day	Pace Run 7 k *RPE: 4-5*	Training Run 8 k *RPE: 3-4*	Rest Day	Training Run 8 k *RPE: 3-4*	Strength Training *45-60 mins*	Long Run 23 k *RPE: 2-3*	**46 k**
14		Rest Day	Pace Run 7 k *RPE: 4-5*	Training Run 10 k *RPE: 3-4*	Rest Day	Training Run 10 k *RPE: 3-4*	Strength Training *45-60 mins*	Long Run 18 k *RPE: 2-3*	**45 k**
15		Rest Day	Pace Run 7 k *RPE: 4-5*	Training Run 10 k *RPE: 3-4*	Rest Day	Training Run 10 k *RPE: 3-4*	Strength Training *45-60 mins*	Long Run 23 k *RPE: 2-3*	**50 k**
16		Rest Day	Pace Run 7 k *RPE: 4-5*	Training Run 10 k *RPE: 3-4*	Rest Day	Training Run 10 k *RPE: 3-4*	Strength Training *45-60 mins*	Long Run 26 k *RPE: 2-3*	**33 k**
17		Rest Day	Pace Run 7 k *RPE: 4-5*	Training Run 10 k *RPE: 3-4*	Rest Day	Training Run 10 k *RPE: 3-4*	Strength Training *45-60 mins*	Long Run 28 k *RPE: 2-3*	**55 k**
18		Rest Day	Pace Run 7 k *RPE: 4-5*	Training Run 10 k *RPE: 3-4*	Rest Day	Training Run 10 k *RPE: 3-4*	Strength Training *45-60 mins*	Long Run 29 k *RPE: 2-3*	**56 k**
19		Rest Day	Pace Run 7 k *RPE: 4-5*	Training Run 10 k *RPE: 3-4*	Rest Day	Training Run 10 k *RPE: 3-4*	Strength Training *45-60 mins*	Long Run 25 k *RPE: 2-3*	**52 k**
20		Rest Day	Pace Run 7 k *RPE: 4-5*	Training Run 10 k *RPE: 3-4*	Rest Day	Training Run 10 k *RPE: 3-4*	Strength Training *45-60 mins*	Long Run 32 k *RPE: 2-3*	**59 k**
21		Rest Day	Pace Run 7 k *RPE: 4-5*	Training Run 10 k *RPE: 3-4*	Rest Day	Training Run 10 k *RPE: 3-4*	Strength Training *45-60 mins*	Long Run 18 k *RPE: 2-3*	**45 k**
22		Rest Day	Pace Run 5 k *RPE: 4-5*	Training Run 7 k *RPE: 3-4*	Rest Day	Training Run 7 k *RPE: 3-4*	Strength Training *45-60 mins*	Long Run 16 k *RPE: 2-3*	**35 k**
23		Rest Day	Pace Run 3 k *RPE: 4-5*	Training Run 5 k *RPE: 3-4*	Rest Day	Training Run 5 k *RPE: 3-4*	Strength Training *45-60 mins*	Long Run 10 k *RPE: 2-3*	**23 k**
24		Rest Day	Training Run 5 k *RPE: 3-4*	Rest Day	Easy Run 5 k RPE: 2-3	Rest Day	Easy Run 3 k *RPE: 2-3*	MARATHON 42 k *RPE: 5*	**55 k**