MARATHON HANDBOOK

6 MONTH MARATHON TRAINING PLAN: MILES

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage
1		Rest Day	Pace Run 2 miles *RPE: 4-5*	Training Run 3 miles *RPE: 3-4*	Rest Day	Training Run 3 miles *RPE: 3-4*	Strength Training *45-60 mins*	Long Run 4 miles *RPE: 2-3*	12 miles
2		Rest Day	Pace Run 3 miles *RPE: 4-5*	Training Run 3 miles *RPE: 3-4*	Rest Day	Training Run 3 miles *RPE: 3-4*	Strength Training *45-60 mins*	Long Run 5 miles *RPE: 2-3*	14 miles
3		Rest Day	Pace Run 2 miles *RPE: 4-5*	Training Run 3 miles *RPE: 3-4*	Rest Day	Training Run 3 miles *RPE: 3-4*	Strength Training *45-60 mins*	Long Run 6 miles *RPE: 2-3*	14 miles
4		Rest Day	Pace Run 2.5 miles *RPE: 4-5*	Training Run 3 miles *RPE: 3-4*	Rest Day	Training Run 3 miles *RPE: 3-4*	Strength Training *45-60 mins*	Long Run 7 miles *RPE: 2-3*	16 miles
5		Rest Day	Pace Run 2.5 miles *RPE: 4-5*	Training Run 3 miles *RPE: 3-4*	Rest Day	Training Run 3 miles *RPE: 3-4*	Strength Training *45-60 mins*	Long Run 5 miles *RPE: 2-3*	14 miles
6		Rest Day	Pace Run 2.5 miles *RPE: 4-5*	Training Run 3 miles *RPE: 3-4*	Rest Day	Training Run 3 miles *RPE: 3-4*	Strength Training *45-60 mins*	Long Run 8 miles *RPE: 2-3*	17 miles
7		Rest Day	Pace Run 3 miles *RPE: 4-5*	Training Run 4 miles *RPE: 3-4*	Rest Day	Training Run 4 miles *RPE: 3-4*	Strength Training *45-60 mins*	Long Run 9 miles *RPE: 2-3*	20 miles
8		Rest Day	Pace Run 3 miles *RPE: 4-5*	Training Run 4 miles *RPE: 3-4*	Rest Day	Training Run 4 miles *RPE: 3-4*	Strength Training *45-60 mins*	Long Run 10 miles *RPE: 2-3*	21 miles
9		Rest Day	Pace Run 3 miles *RPE: 4-5*	Training Run 4 miles *RPE: 3-4*	Rest Day	Training Run 4 miles *RPE: 3-4*	Strength Training *45-60 mins*	Long Run 11 miles *RPE: 2-3*	22 miles
10		Rest Day	Pace Run 4 miles *RPE: 4-5*	Training Run 4 miles *RPE: 3-4*	Rest Day	Training Run 4 miles *RPE: 3-4*	Strength Training *45-60 mins*	Long Run 8 miles *RPE: 2-3*	20 miles
11		Rest Day	Pace Run 4 miles *RPE: 4-5*	Training Run 5 miles *RPE: 3-4*	Rest Day	Training Run 5 miles *RPE: 3-4*	Strength Training *45-60 mins*	Long Run 12 miles *RPE: 2-3*	26 miles
12		Rest Day	Pace Run 4 miles *RPE: 4-5*	Training Run 5 miles *RPE: 3-4*	Rest Day	Training Run 5 miles *RPE: 3-4*	Strength Training *45-60 mins*	HALF MARATHON 13.1 miles *RPE: 5*	27 miles
13		Rest Day	Pace Run 4 miles *RPE: 4-5*	Training Run 5 miles *RPE: 3-4*	Rest Day	Training Run 5 miles *RPE: 3-4*	Strength Training *45-60 mins*	Long Run 14 miles *RPE: 2-3*	28 miles
14		Rest Day	Pace Run 4 miles *RPE: 4-5*	Training Run 6 miles *RPE: 3-4*	Rest Day	Training Run 5 miles *RPE: 3-4*	Strength Training *45-60 mins*	Long Run 11 miles *RPE: 2-3*	26 miles
15		Rest Day	Pace Run 4 miles *RPE: 4-5*	Training Run 6 miles *RPE: 3-4*	Rest Day	Training Run 6 miles *RPE: 3-4*	Strength Training *45-60 mins*	Long Run 15 miles *RPE: 2-3*	31 miles
16		Rest Day	Pace Run 4 miles *RPE: 4-5*	Training Run 6 miles *RPE: 3-4*	Rest Day	Training Run 6 miles *RPE: 3-4*	Strength Training *45-60 mins*	Long Run 16 miles *RPE: 2-3*	20 miles
17		Rest Day	Pace Run 5 miles *RPE: 4-5*	Training Run 6 miles *RPE: 3-4*	Rest Day	Training Run 6 miles *RPE: 3-4*	Strength Training *45-60 mins*	Long Run 17 miles *RPE: 2-3*	34 miles
18		Rest Day	Pace Run 5 miles *RPE: 4-5*	Training Run 6 miles *RPE: 3-4*	Rest Day	Training Run 6 miles *RPE: 3-4*	Strength Training *45-60 mins*	Long Run 18 miles *RPE: 2-3*	35 miles
19		Rest Day	Pace Run 5 miles *RPE: 4-5*	Training Run 6 miles *RPE: 3-4*	Rest Day	Training Run 6 miles *RPE: 3-4*	Strength Training *45-60 mins*	Long Run 14 miles *RPE: 2-3*	31 miles
20		Rest Day	Pace Run 5 miles *RPE: 4-5*	Training Run 6 miles *RPE: 3-4*	Rest Day	Training Run 6 miles *RPE: 3-4*	Strength Training *45-60 mins*	Long Run 20 miles *RPE: 2-3*	37 miles
21		Rest Day	Pace Run 5 miles *RPE: 4-5*	Training Run 6 miles *RPE: 3-4*	Rest Day	Training Run 6 miles *RPE: 3-4*	Strength Training *45-60 mins*	Long Run 12 miles *RPE: 2-3*	29 miles
22		Rest Day	Pace Run 3 miles *RPE: 4-5*	Training Run 4 miles *RPE: 3-4*	Rest Day	Training Run 4 miles *RPE: 3-4*	Strength Training *45-60 mins*	Long Run 10 miles *RPE: 2-3*	21 miles
23		Rest Day	Pace Run 2 miles *RPE: 4-5*	Training Run 3 miles *RPE: 3-4*	Rest Day	Training Run 3 miles *RPE: 3-4*	Strength Training *45-60 mins*	Long Run 6 miles *RPE: 2-3*	14 miles
24		Rest Day	Training Run 3 miles *RPE: 3-4*	Rest Day	Easy Run 3 miles RPE: 2-3	Rest Day	Easy Run 2 miles *RPE: 2-3*	MARATHON 26.2 miles *RPE: 5*	34 miles