

# COUCH TO MARATHON TRAINING PLAN - KMS

PHASE	WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Miles
Walk/Run	1	Rest Day	Walk/Run 10 x 2 min walk 1 min run	Strength Lower body focus	Walk/Run 10 x 2 min walk 1 min run	Rest Day	Strength Core / Upper body focus	Long Run 2.5k RPE 2-3 (walk if needed)	Around 9k
	2	Rest Day	Walk/Run 15 x 1 min walk 1 min run	Strength Lower body focus	Walk/Run 15 x 1 min walk 1 min run	Rest Day	Strength Core / Upper body focus	Long Run 3k RPE 2-3 (walk if needed)	Around 12k
	3	Rest Day	Walk/Run 15 x 30 sec walk 1:30 min run	Strength Lower body focus	Walk/Run 15 x 30 sec walk 1:30 min run	Rest Day	Strength Core / Upper body focus	Long Run 4k RPE 2-3 (walk if needed)	Around 14k
	4	Rest Day	Walk/Run 10 x 1 min walk 2 min run	Strength Lower body focus	Walk/Run 10 x 1 min walk 2 min run	Rest Day	Strength Core / Upper body focus	Long Run 5k RPE 2-3	Around 12k
Base	5	Rest Day	Training Run 4k RPE 3-4	Strength Lower body focus	Training Run 3k RPE 3-4	Training Run 4k RPE 3-4	Strength Core / Upper body focus	Long Run 6k RPE 2-3	17k
	6	Rest Day	Training Run 4k RPE 3-4	Strength Lower body focus	Training Run 3k RPE 3-4	Training Run 4k RPE 3-4	Strength Core / Upper body focus	Long Run 7k RPE 2-3	18k
	7	Rest Day	Training Run 5k RPE 3-4	Strength Lower body focus	Training Run 6k RPE 3-4	Training Run 5k RPE 3-4	Strength Core / Upper body focus	Long Run 8k RPE 2-3	24k
	8	Rest Day	Training Run 5k RPE 3-4	Strength Lower body focus	Training Run 6k RPE 3-4	Training Run 5k RPE 3-4	Strength Core / Upper body focus	Long Run 10k RPE 2-3	26k
	9	Rest Day	Training Run 5k RPE 3-4	Strength Lower body focus	Training Run 6k RPE 3-4	Training Run 5k RPE 3-4	Strength Core / Upper body focus	Long Run 8k RPE 2-3	24k
	10	Rest Day	Training Run 5k RPE 3-4	Strength Lower body focus	Training Run 6k RPE 3-4	Training Run 5k RPE 3-4	Strength Core / Upper body focus	Long Run 11k RPE 2-3	27k
	11	Rest Day	Training Run 6k RPE 3-4	Strength Lower body focus	Training Run 8k RPE 3-4	Training Run 6k RPE 3-4	Strength Core / Upper body focus	Long Run 15k RPE 2-3	35k
	12	Rest Day	Training Run 6k RPE 3-4	Strength Lower body focus	Training Run 8k RPE 3-4	Training Run 6k RPE 3-4	Strength Core / Upper body focus	Long Run 10k RPE 2-3	30k
	13	Rest Day	Training Run 6k RPE 3-4	Strength Lower body focus	Training Run 8k RPE 3-4	Training Run 6k RPE 3-4	Strength Core / Upper body focus	Long Run 17k RPE 2-3	33k

	<b>14</b>	<b>Rest Day</b>	<b>Training Run</b>	<b>Strength</b>	<b>Training Run</b>	<b>Training Run</b>	<b>Strength</b>	<b>Long Run</b>	<b>37k</b>
			6k RPE 3-4	Lower body focus	10k RPE 3-4	6k RPE 3-4	Core / Upper body focus	15k RPE 2-3	
	<b>15</b>	<b>Rest Day</b>	<b>Training Run</b>	<b>Strength</b>	<b>Training Run</b>	<b>Training Run</b>	<b>Strength</b>	<b>HALF MARATHON</b>	<b>43k</b>
			6k RPE 3-4	Lower body focus	10k RPE 3-4	6k RPE 3-4	Core / Upper body focus	21k RPE 2-3	
	<b>16</b>	<b>Rest Day</b>	<b>Training Run</b>	<b>Strength</b>	<b>Training Run</b>	<b>Training Run</b>	<b>Strength</b>	<b>Long Run</b>	<b>45k</b>
			8k RPE 3-4	Lower body focus	10k RPE 3-4	8k RPE 3-4	Core / Upper body focus	19k RPE 2-3	
	<b>17</b>	<b>Rest Day</b>	<b>Training Run</b>	<b>Strength</b>	<b>Training Run</b>	<b>Training Run</b>	<b>Strength</b>	<b>Long Run</b>	<b>48k</b>
			8k RPE 3-4	Lower body focus	11k RPE 3-4	8k RPE 3-4	Core / Upper body focus	21k RPE 2-3	
	<b>18</b>	<b>Rest Day</b>	<b>Training Run</b>	<b>Strength</b>	<b>Training Run</b>	<b>Training Run</b>	<b>Strength</b>	<b>Long Run</b>	<b>51k</b>
			8k RPE 3-4	Lower body focus	11k RPE 3-4	8k RPE 3-4	Core / Upper body focus	24k RPE 2-3	
	<b>19</b>	<b>Rest Day</b>	<b>Training Run</b>	<b>Strength</b>	<b>Training Run</b>	<b>Training Run</b>	<b>Strength</b>	<b>Long Run</b>	<b>50k</b>
			8k RPE 3-4	Lower body focus	11k RPE 3-4	8k RPE 3-4	Core / Upper body focus	26k RPE 2-3	
	<b>20</b>	<b>Rest Day</b>	<b>Training Run</b>	<b>Strength</b>	<b>Training Run</b>	<b>Training Run</b>	<b>Strength</b>	<b>Long Run</b>	<b>47k</b>
			8k RPE 3-4	Lower body focus	11k RPE 3-4	8k RPE 3-4	Core / Upper body focus	23k RPE 2-3	
<b>Peak</b>	<b>21</b>	<b>Rest Day</b>	<b>Training Run</b>	<b>Strength</b>	<b>Training Run</b>	<b>Training Run</b>	<b>Strength</b>	<b>Long Run</b>	<b>58k</b>
			8k RPE 3-4	Lower body focus	10k RPE 3-4	8k RPE 3-4	Core / Upper body focus	32k RPE 2-3	
<b>Taper</b>	<b>22</b>	<b>Rest Day</b>	<b>Training Run</b>	<b>Strength</b>	<b>Training Run</b>	<b>Training Run</b>	<b>Strength</b>	<b>Long Run</b>	<b>38k</b>
			6k RPE 3-4	Lower body focus	6k RPE 2-3	6k RPE 3-4	Core / Upper body focus	16k RPE 2-3	
<b>Taper</b>	<b>23</b>	<b>Rest Day</b>	<b>Training Run</b>	<b>Strength</b>	<b>Training Run</b>	<b>Training Run</b>	<b>Strength</b>	<b>Long Run</b>	<b>25k</b>
			5k RPE 3-4	Lower body focus	5k RPE 3-4	5k RPE 3-4	Core / Upper body focus	10k RPE 2-3	
<b>Race Week</b>	<b>24</b>	<b>Rest Day</b>	<b>Training Run</b>	<b>Rest Day</b>	<b>Easy Run</b>	<b>Rest Day</b>	<b>Easy Run</b>	<b>Race</b>	<b>MARATHON DAY</b> 26 miles
			5k RPE 3-4		5k RPE 2-3		3k RPE 2-3		

