

COUCH TO MARATHON TRAINING PLAN - MILES

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 1.5 miles RPE 2-3 (walk if needed)	Around 5.5 miles
	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 2 miles RPE 2-3 (walk if needed)	Around 8 miles
	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 2.5 miles RPE 2-3 (walk if needed)	Around 8 miles
	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 8 miles
Base	5	Rest Day	Training Run 2.5 miles RPE 3-4	Strength Lower body focus	Training Run 1.5 miles RPE 3-4	Training Run 2.5 miles RPE 3-4	Strength Core / Upper body focus	Long Run 4 miles RPE 2-3	10.5 miles
	6	Rest Day	Training Run 2.5 miles RPE 3-4	Strength Lower body focus	Training Run 1.5 miles RPE 3-4	Training Run 2.5 miles RPE 3-4	Strength Core / Upper body focus	Long Run 4.5 miles RPE 2-3	11 miles
	7	Rest Day	Training Run 3 miles RPE 3-4	Strength Lower body focus	Training Run 4 miles RPE 3-4	Training Run 3 miles RPE 3-4	Strength Core / Upper body focus	Long Run 5 miles RPE 2-3	15 miles
	8	Rest Day	Training Run 3 miles RPE 3-4	Strength Lower body focus	Training Run 4 miles RPE 3-4	Training Run 3 miles RPE 3-4	Strength Core / Upper body focus	Long Run 10k RPE 2-3	16 miles
	9	Rest Day	Training Run 3 miles RPE 3-4	Strength Lower body focus	Training Run 4 miles RPE 3-4	Training Run 3 miles RPE 3-4	Strength Core / Upper body focus	Long Run 5 miles RPE 2-3	15 miles
	10	Rest Day	Training Run 3 miles RPE 3-4	Strength Lower body focus	Training Run 4 miles RPE 3-4	Training Run 3 miles RPE 3-4	Strength Core / Upper body focus	Long Run 7 miles RPE 2-3	17 miles
	11	Rest Day	Training Run 4 miles RPE 3-4	Strength Lower body focus	Training Run 5 miles RPE 3-4	Training Run 4 miles RPE 3-4	Strength Core / Upper body focus	Long Run 9 miles RPE 2-3	22 miles
	12	Rest Day	Training Run 4 miles RPE 3-4	Strength Lower body focus	Training Run 5 miles RPE 3-4	Training Run 4 miles RPE 3-4	Strength Core / Upper body focus	Long Run 6 miles RPE 2-3	19 miles
	13	Rest Day	Training Run 4 miles RPE 3-4	Strength Lower body focus	Training Run 5 miles RPE 3-4	Training Run 4 miles RPE 3-4	Strength Core / Upper body focus	Long Run 11 miles RPE 2-3	24 miles

	14	Rest Day	Training Run	Strength	Training Run	Training Run	Strength	Long Run	23 miles
			4 miles RPE 3-4	Lower body focus	6 miles RPE 3-4	4 miles RPE 3-4	Core / Upper body focus	9 miles RPE 2-3	
	15	Rest Day	Training Run	Strength	Training Run	Training Run	Strength	HALF MARATHON	27 miles
			4 miles RPE 3-4	Lower body focus	6 miles RPE 3-4	4 miles RPE 3-4	Core / Upper body focus	21k RPE 2-3	
	16	Rest Day	Training Run	Strength	Training Run	Training Run	Strength	Long Run	28 miles
			5 miles RPE 3-4	Lower body focus	6 miles RPE 3-4	5 miles RPE 3-4	Core / Upper body focus	12 miles RPE 2-3	
	17	Rest Day	Training Run	Strength	Training Run	Training Run	Strength	Long Run	31 miles
			5 miles RPE 3-4	Lower body focus	7 miles RPE 3-4	5 miles RPE 3-4	Core / Upper body focus	14 miles RPE 2-3	
	18	Rest Day	Training Run	Strength	Training Run	Training Run	Strength	Long Run	33 miles
			5 miles RPE 3-4	Lower body focus	7 miles RPE 3-4	5 miles RPE 3-4	Core / Upper body focus	16 miles RPE 2-3	
	19	Rest Day	Training Run	Strength	Training Run	Training Run	Strength	Long Run	35 miles
			5 miles RPE 3-4	Lower body focus	7 miles RPE 3-4	5 miles RPE 3-4	Core / Upper body focus	18 miles RPE 2-3	
	20	Rest Day	Training Run	Strength	Training Run	Training Run	Strength	Long Run	31 miles
			5 miles RPE 3-4	Lower body focus	7 miles RPE 3-4	5 miles RPE 3-4	Core / Upper body focus	14 miles RPE 2-3	
Peak	21	Rest Day	Training Run	Strength	Training Run	Training Run	Strength	Long Run	36 miles
			5 miles RPE 3-4	Lower body focus	6 miles RPE 3-4	5 miles RPE 3-4	Core / Upper body focus	20 miles RPE 2-3	
Taper	22	Rest Day	Training Run	Strength	Training Run	Training Run	Strength	Long Run	22 miles
			4 miles RPE 3-4	Lower body focus	4 miles RPE 2-3	4 miles RPE 3-4	Core / Upper body focus	10 miles RPE 2-3	
Taper	23	Rest Day	Training Run	Strength	Training Run	Training Run	Strength	Long Run	15 miles
			3 miles RPE 3-4	Lower body focus	3 miles RPE 3-4	3 miles RPE 3-4	Core / Upper body focus	6 miles RPE 2-3	
Race Week	24	Rest Day	Training Run	Rest Day	Easy Run	Rest Day	Easy Run	Race	34 miles
			3 miles RPE 3-4		3 miles RPE 2-3		2 miles RPE 2-3	MARATHON DAY 26 miles	

