

MARATHON HANDBOOK COUCH TO MARATHON TRAINING PLAN : MILES

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage	
1		Rest Day	Walk / Run 10 x 2 min walk 1 min run	Rest Day	Walk / Run 10 x 2 min walk 1 min run	Strength Training 45-60 mins	Rest Day	Long Run 1.5 miles (walk if needed)	Around 5.5 miles	5K PHASE
2		Rest Day	Walk / Run 15 x 1 min walk 1 min run	Rest Day	Walk / Run 15 x 1 min walk 1 min run	Strength Training 45-60 mins	Walk / Run 15 x 1 min walk 1 min run	Long Run 2 miles (walk if needed)	Around 8 miles	
3		Rest Day	Walk / Run 15 x 0.5 min walk 1.5 min run	Rest Day	Walk / Run 15 x 0.5 min walk 1.5 min run	Strength Training 45-60 mins	Walk / Run 15 x 0.5 min walk 1.5 min run	Long Run 2.5 miles (walk if needed)	Around 9 miles	
4		Rest Day	Walk / Run 10 x 1 min walk 2 min run	Rest Day	Walk / Run 10 x 1 min walk 2 min run	Strength Training 45-60 mins	Rest Day	5k	Around 8 miles	
5		Rest Day	Training Run 2.5 miles RPE: 3-4	Training Run 1.5 miles RPE: 3-4	Rest Day	Training Run 2.5 miles RPE: 3-4	Strength 45-60 mins	Long Run 4 miles RPE: 2-3	10.5 miles	10K PHASE
6		Rest Day	Training Run 2.5 miles RPE: 3-4	Training Run 1.5 miles RPE: 3-4	Rest Day	Training Run 2.5 miles RPE: 3-4	Strength 45-60 mins	Long Run 4.5 miles RPE: 2-3	11 miles	
7		Rest Day	Training Run 3 miles RPE: 3-4	Training Run 4 miles RPE: 3-4	Rest Day	Training Run 3 miles RPE: 3-4	Strength 45-60 mins	Long Run 5 miles RPE: 2-3	15 miles	
8		Rest Day	Training Run 3 miles RPE: 3-4	Training Run 4 miles RPE: 3-4	Rest Day	Training Run 3 miles RPE: 3-4	Strength 45-60 mins	10k	16 miles	
9		Rest Day	Training Run 3 miles RPE: 3-4	Training Run 4 miles RPE: 3-4	Rest Day	Training Run 3 miles RPE: 3-4	Strength 45-60 mins	Long Run 5 miles RPE: 2-3	15 miles	
10		Rest Day	Training Run 3 miles RPE: 3-4	Training Run 4 miles RPE: 3-4	Rest Day	Training Run 3 miles RPE: 3-4	Strength 45-60 mins	Long Run 7 miles RPE: 2-3	17 miles	
11		Rest Day	Training Run 4 miles RPE: 3-4	Training Run 5 miles RPE: 3-4	Rest Day	Training Run 4 miles RPE: 3-4	Strength 45-60 mins	Long Run 9 miles RPE: 2-3	22 miles	
12		Rest Day	Training Run 4 miles RPE: 3-4	Training Run 5 miles RPE: 3-4	Rest Day	Training Run 4 miles RPE: 3-4	Strength 45-60 mins	Long Run 6 miles RPE: 2-3	19 miles	
13		Rest Day	Training Run 4 miles RPE: 3-4	Training Run 5 miles RPE: 3-4	Rest Day	Training Run 4 miles RPE: 3-4	Strength 45-60 mins	Long Run 11 miles RPE: 2-3	24 miles	HALF MARATHON PHASE
14		Rest Day	Training Run 4 miles RPE: 3-4	Training Run 6 miles RPE: 3-4	Rest Day	Training Run 4 miles RPE: 3-4	Strength 45-60 mins	Long Run 9 miles RPE: 2-3	23 miles	
15		Rest Day	Training Run 4 miles RPE: 3-4	Training Run 6 miles RPE: 3-4	Rest Day	Training Run 4 miles RPE: 3-4	Strength 45-60 mins	HALF MARATHON 13.1 miles RPE: 5	27.1 miles	
16		Rest Day	Training Run 5 miles RPE: 3-4	Training Run 6 miles RPE: 3-4	Rest Day	Training Run 5 miles RPE: 3-4	Strength 45-60 mins	Long Run 12 miles RPE: 2-3	28 miles	
17		Rest Day	Training Run 5 miles RPE: 3-4	Training Run 7 miles RPE: 3-4	Rest Day	Training Run 5 miles RPE: 3-4	Strength 45-60 mins	Long Run 14 miles RPE: 2-3	31 miles	MARATHON PHASE
18		Rest Day	Training Run 5 miles RPE: 3-4	Training Run 7 miles RPE: 3-4	Rest Day	Training Run 5 miles RPE: 3-4	Strength 45-60 mins	Long Run 16 miles RPE: 2-3	33 miles	
19		Rest Day	Training Run 5 miles RPE: 3-4	Training Run 7 miles RPE: 3-4	Rest Day	Training Run 5 miles RPE: 3-4	Strength 45-60 mins	Long Run 18 miles RPE: 2-3	35 miles	
20		Rest Day	Training Run 5 miles RPE: 3-4	Training Run 7 miles RPE: 3-4	Rest Day	Training Run 5 miles RPE: 3-4	Strength 45-60 mins	Long Run 14 miles RPE: 2-3	31 miles	
21		Rest Day	Training Run 5 miles RPE: 3-4	Training Run 6 miles RPE: 3-4	Rest Day	Training Run 5 miles RPE: 3-4	Strength 45-60 mins	Long Run 20 miles RPE: 2-3	36 miles	
22		Rest Day	Training Run 4 miles RPE: 3-4	Training Run 4 miles RPE: 3-4	Rest Day	Training Run 4 miles RPE: 3-4	Strength 45-60 mins	Long Run 10 miles RPE: 2-3	22 miles	
23		Rest Day	Training Run 3 miles RPE: 3-4	Training Run 3 miles RPE: 3-4	Rest Day	Training Run 3 miles RPE: 3-4	Strength 45-60 mins	Long Run 6 miles RPE: 2-3	15 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	