

BEGINNER PLAN:

You should begin this program with at least six weeks of consistent base-building of 20 miles per week.

Date	Week(s) Until Race	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.	Total Weekly Mileage
	21	Easy Pace 2 miles	Cross Training	Easy Pace 2 miles	Easy Pace 2 miles	Rest or Easy Cross Train	Long Run 4 miles	Rest or Easy Cross Train	10
	20	Easy Pace 2 miles	Cross Training	Easy Pace 2.5 miles	Easy Pace 2 miles	Rest or Easy Cross Train	Long Run 6 miles	Rest or Easy Cross Train	12.5
	19	Easy Pace 2.5 miles	Cross Training	Easy Pace 2.5 miles	Easy Pace 2 miles	Rest or Easy Cross Train	Long Run 7 miles	Rest or Easy Cross Train	14
	18	Easy Pace 2.5 miles	Cross Training	Easy Pace 2.5 miles	Easy Pace 2.5 miles	Rest or Easy Cross Train	Long Run 8 miles	Rest or Easy Cross Train	15.5
	17	Easy Pace 2 miles	Cross Training	Easy Pace 2 miles	Easy Pace 2 miles	Rest or Easy Cross Train	Long Run 4 miles	Rest or Easy Cross Train	10
	16	Easy Pace 3 miles	Cross Training	Easy Pace 3 miles	Easy Pace 3 miles	Rest or Easy Cross Train	Long Run 9 miles	Rest or Easy Cross Train	18
	15	Easy Pace 4 miles	Cross Training	Easy Pace 4 miles	Easy Pace 3 miles	Rest or Easy Cross Train	Long Run 10 miles	Rest or Easy Cross Train	21
	14	Easy Pace 4 miles	Cross Training	Easy Pace 4 miles	Easy Pace 4 miles	Rest or Easy Cross Train	Long Run 11 miles	Rest or Easy Cross Train	23
	13	Easy Pace 3 miles	Cross Training	Easy Pace 4 miles	Easy Pace 3 miles	Rest or Easy Cross Train	Long Run 7 miles	Rest or Easy Cross Train	17
	12	Easy Pace 5 miles	Cross Training	Easy Pace 5 miles	Easy Pace 5 miles	Rest or Easy Cross Train	Long Run 12 miles	Rest or Easy Cross Train	27
	11	Easy Pace 6 miles	Cross Training	Easy Pace 6 miles	Easy Pace 5 miles	Rest or Easy Cross Train	Long Run 13 miles	Rest or Easy Cross Train	30
	10	Easy Pace 7 miles	Cross Training	Easy Pace 7 miles	Easy Pace 6 miles	Rest or Easy Cross Train	Long Run 14 miles	Rest or Easy Cross Train	34
	9	Easy Pace 5 miles	Cross Training	Easy Pace 5 miles	Easy Pace 5 miles	Rest or Easy Cross Train	Long Run 10 miles	Rest or Easy Cross Train	25
	8	Easy Pace 7 miles	Cross Training	Easy Pace 7 miles	Easy Pace 7 miles	Rest or Easy Cross Train	Long Run 15 miles	Rest or Easy Cross Train	36
	7	Easy Pace 8 miles	Cross Training	Easy Pace 8 miles	Easy Pace 7 miles	Rest or Easy Cross Train	Long Run 17 miles	Rest or Easy Cross Train	40
	6	Easy Pace 8.5 miles	Cross Training	Easy Pace 8.5 miles	Easy Pace 8.5 miles	Rest or Easy Cross Train	Long Run 18 miles	Rest or Easy Cross Train	43.5
	5	Easy Pace 7 miles	Cross Training	Easy Pace 7 miles	Easy Pace 7 miles	Rest or Easy Cross Train	Long Run 11 miles	Rest or Easy Cross Train	32
	4	Easy Pace 9 miles	Cross Training	Easy Pace 9 miles	Easy Pace 9 miles	Rest or Easy Cross Train	Long Run 20 miles	Rest or Easy Cross Train	47
	3	Easy Pace 6 miles	Cross Training	Easy Pace 6 miles	Easy Pace 6 miles	Rest or Easy Cross Train	Long Run 10 miles	Rest or Easy Cross Train	28
	2	Easy Pace 6 miles	Cross Training	Easy Pace 6 miles	Easy Pace 6 miles	Rest or Easy Cross Train	Long Run 8 miles	Rest or Easy Cross Train	26
	1	Easy Pace 4 miles	Easy Pace 4 miles	Easy Pace 4 miles	Rest or Easy Cross Train	Easy Pace / Shakeout 2.62 miles	RACE DAY 26.2 miles	Easy Jog/ Walk 10-15 minutes	40.8

INTERMEDIATE PLAN:

You should begin this program with at least six weeks of consistent base-building of 25+ miles per week.

MP = Marathon Pace: Your goal marathon pace per mile. This will get your body used to running that pace on race day.

T = Tempo Run: Pace should be 30-45 seconds faster than your marathon pace. Running at this pace will make your marathon pace feel easier.

Example: 4 x 1 mile T = After 2 easy warm-up miles, run 1 mile at tempo pace, jog easy for 2 minutes, then run another mile at tempo pace. End the run with 2 easy cool-down miles. This run will total 6 miles.

Date	Week(s) Until Race	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.	Total Weekly Mileage
	21	Tempo Run 4 miles	Cross Training	Track 5 miles	Easy Pace 4 miles	Rest or Easy Cross Train	Long Run 7 miles	Easy Pace 3 miles	23
	20	Tempo Run 5 miles	Cross Training	Track 5 miles	Easy Pace 5 miles	Rest or Easy Cross Train	Long Run 8 miles	Easy Pace 3 miles	26
	19	Tempo Run 4 miles	Cross Training	Track 5 miles	Easy Pace 4 miles	Rest or Easy Cross Train	Long Run 5 miles	Easy Pace 3 miles	21
	18	Tempo Run 6 miles	Cross Training	Track 5 miles	Easy Pace 6 miles	Rest or Easy Cross Train	Long Run 9 miles	Easy Pace 3 miles	29
	17	Tempo Run 7 miles	Cross Training	Track 6 miles	Easy Pace 7 miles	Rest or Easy Cross Train	Long Run 10 miles	Easy Pace 4 miles	34
	16	Tempo Run 8 miles	Cross Training	Track 7 miles	Easy Pace 8 miles	Rest or Easy Cross Train	Long Run 11 miles	Easy Pace 4 miles	38
	15	Tempo Run 6 miles	Cross Training	Track 7 miles	Easy Pace 6 miles	Rest or Easy Cross Train	Long Run 7 miles	Easy Pace 4 miles	30
	14	Tempo Run 8.5 miles	Cross Training	Track 8 miles	Easy Pace 8.5 miles	Rest or Cross Train	Long Run 12 miles	Easy Pace 4 miles	41
	13	Tempo Run 9 miles	Cross Training	Track 9 miles	Easy Pace 9 miles	Rest or Cross Train	Long Run 13 miles	Easy Pace 4 miles	44
	12	Tempo Run 10 miles	Cross Training	Track 10.5 miles	Easy Pace 10 miles	Rest or Cross Train	Long Run 14 miles	Easy Pace 4 miles	48.5
	11	Tempo Run 7 miles	Cross Training	Track 8 miles	Easy Pace 7 miles	Rest or Cross Train	Long Run 9 miles	Easy Pace 4 miles	35
	10	Tempo Run 11 miles	Cross Training	Track 10 miles	Easy Pace 11 miles	Rest or Cross Train	Long Run 15 miles	Easy Pace 5 miles	52
	9	Tempo Run 11 miles	Cross Training	Track 10 miles	Easy Pace 11 miles	Rest or Cross Train	Long Run 17 miles	Easy Pace 5 miles	54
	8	Tempo Run 12 miles	Cross Training	Track 10 miles	Easy Pace 12 miles	Rest or Cross Train	Long Run 19 miles	Easy Pace 5 miles	58
	7	Tempo Run 7 miles	Cross Training	Track 8 miles	Easy Pace 7 miles	Rest or Cross Train	Long Run 10 miles	Easy Pace 3 miles	35
	6	Easy Pace 11.5 miles	Cross Training	Easy Pace 11.5 miles	Easy Pace 11.5 miles	Rest or Cross Train	Long Run 22 miles	Easy Pace 3 miles	59.5
	5	Tempo Run 7 miles	Cross Training	Track 8 miles	Easy Pace 7 miles	Rest or Cross Train	Long Run 10 miles	Easy Pace 3 miles	35
	4	Easy Pace 12 miles	Cross Training	Easy Pace 12 miles	Easy Pace 12 miles	Rest or Cross Train	Long Run 22 miles	Easy Pace 3 miles	61
	3	Easy Pace 8 miles	Cross Training	Track 7 miles	Easy Pace 8 miles	Rest or Cross Train	Long Run 10 miles	Easy Pace 3 miles	36
	2	Easy Pace 8 miles	Cross Training	Track 7 miles	Easy Pace 8 miles	Rest or Cross Train	Long Run 8 miles	Rest or Cross Train	31
	1	Easy Pace 5 miles	Easy Pace 5 miles	Track 5 miles	Rest or Easy Cross Train	Easy Pace / Shakeout 2.62 miles	RACE DAY 26.2 miles	Easy Jog/ Walk 10-15 minutes	43.8

ADVANCED PLAN:

You should begin this program with at least six weeks of consistent base-building of 25+ miles per week.

MP = Marathon Pace: Your goal marathon pace per mile. This will get your body used to running that pace on race day.

T = Tempo Run: Pace should be 30-45 seconds faster than your marathon pace. Running at this pace will make your marathon pace feel easier.

Example: 4 x 1 mile T = After 2 easy warm-up miles, run 1 mile at tempo pace, jog easy for 2 minutes, then run another mile at tempo pace. End the run with 2 easy cool-down miles. This run will total 6 miles.

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	19	Tempo Run 4 miles	Cross Training	Track 5 miles	Easy Pace 4 miles	Rest or Easy Cross Train	Long Run 5 miles	Easy Pace 3 miles	21
	18	Tempo Run 6 miles	Cross Training	Track 5 miles	Easy Pace 6 miles	Rest or Easy Cross Train	Long Run 9 miles	Easy Pace 3 miles	29
	17	Tempo Run 7 miles	Cross Training	Track 6 miles	Easy Pace 7 miles	Rest or Easy Cross Train	Long Run 10 miles	Easy Pace 4 miles	34
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	4	Easy Pace 12 miles	Cross Training	Easy Pace 12 miles	Easy Pace 12 miles	Rest or Cross Train	Long Run 22 miles	Easy Pace 3 miles	61
	3	Easy Pace 8 miles	Cross Training	Track 7 miles	Easy Pace 8 miles	Rest or Cross Train	Long Run 10 miles	Easy Pace 3 miles	36
	2	Easy Pace 8 miles	Cross Training	Track 7 miles	Easy Pace 8 miles	Rest or Cross Train	Long Run 8 miles	Rest or Cross Train	31
	1	Easy Pace 5 miles	Easy Pace 5 miles	Track 5 miles	Rest or Easy Cross Train	Easy Pace / Shakeout 2.62 miles	RACE DAY 26.2 miles	Easy Jog/ Walk 10-15 minutes	43.8