



MARATHON

HALF MARATHON

10K

5K

St. Jude Heroes Marathon Training Plan

Date	Week(s) until race	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.	Total Weekly Mileage
	18	rest	4 miles	2 miles	4 miles	cross-training	6 miles	3 miles	19 miles
	17	rest	4	2	4	cross-training	7	3	20
	16	rest	4	2	5	cross-training	8	3	22
	15	rest	4	2	5	cross-training	8	3	22
	14	rest	4	2	5	cross-training	9	3	23
	13	rest	4	2	5	cross-training	10	3	24
	12	rest	5	3	6	cross-training	6	4	24
	11	rest	5	3	6	cross-training	12	4	30
	10	rest	5	3	6	cross-training	14	4	32
	9	rest	5	3	6	cross-training	16	4	34
	8	rest	5	4	7	cross-training	6	5	27
	7	rest	5	4	8	cross-training	18	5	40
	6	rest	5	4	9	cross-training	20	4	42
	5	rest	5	4	10	cross-training	12	5	36
	4	rest	4	4	8	cross-training	20	4	40
	3	rest	3	3	6	cross-training	13	3	28
	2	rest	3	2	4	cross-training	8	3	20
	1	rest	3	rest	3	rest	26.2 – RACE DAY	2	34

Commit to the long haul. Train with a friend or group. Fuel properly. Listen to your body. Enjoy the process.