

17 Week MARATHON BEGINNER SCHEDULE

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL
1	4	XT or Rest	5	2	XT or Rest	6	XT or Rest	17
2	4	XT or Rest	5	2	XT or Rest	8	XT or Rest	19
3	4	XT or Rest	5	2	XT or Rest	10*	XT or Rest	21
4	5	XT or Rest	5	2	XT or Rest	12	XT or Rest	24
5	5	XT or Rest	5	2	XT or Rest	10*	XT or Rest	22
6	5	XT or Rest	5	2	XT or Rest	14	XT or Rest	26
7	5	XT or Rest	6	2	XT or Rest	16	XT or Rest	29
8	5	XT or Rest	8	2	XT or Rest	14**	XT or Rest	29
9	5	XT or Rest	7	2	XT or Rest	16 -18	XT or Rest	32
10	5	XT or Rest	8	2	XT or Rest	18 - 20	XT or Rest	35
11	5	XT or Rest	8	2	XT or Rest	14	XT or Rest	29
12	5	XT or Rest	6	2	XT or Rest	18 - 20	XT or Rest	33
13	5	XT or Rest	6	2	XT or Rest	14**	XT or Rest	27
14	6	XT or Rest	6	2	XT or Rest	20	XT or Rest	34
15	6	XT or Rest	8	3	XT or Rest	14	XT or Rest	31
16	5	XT or Rest	4	2	XT or Rest	10	XT or Rest	21
17	0	XT or Rest	3	0	XT or Rest	0	26.2 Marathon	29.2

XT = Cross Train * 1/2 the run is uphill ** 1/2 the run is TEMPO or FARTLEK

Run, XT and Rest days may be adjusted to fit your schedule

Not necessary to run all three 20 milers

458.2