Marathon Training Schedule:
Beginner 4day/week plan

Should have 20-30 mile/week running base
Pace: Pace runs are done at MGP (Marathon Goal Pace)
Cross-training: Alternate workout of 30-90 minutes, and not with great intensity
Choose running days to accommodate your schedule, resting before and after long effort

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	3 m run	rest	5 m pace	3 m run	rest	8	cross
2	3 m run	rest	5 m run	3 m run	rest	9	cross
3	3 m run	rest	5 m pace	3 m run	rest	6	cross
4	3 m run	rest	6 m pace	4 m run	rest	11	cross
5	3 m run	rest	6 m run	4 m run	rest	12	cross
6	3 m run	rest	6 m pace	5 m run	rest	9	cross
7	4 m run	rest	7 m pace	4 m run	rest	14	cross
8	4 m run	rest	7 m run	4 m run	rest	15	cross
9	4 m run	rest	7 m pace	4 m run	rest	11	cross
10	4 m run	rest	8 m pace	4 m run	rest	17	cross
11	5 m run	rest	8 m run	5 m run	rest	18	cross
12	5 m run	rest	8 m pace	5 m run	rest	13	cross
13	5 m run	rest	5 m pace	6 m run	rest	19	cross
14	5 m run	rest	8 m run	5 m run	rest	12	cross
15	5 m run	rest	5 m pace	6 m run	rest	20	cross
16	5 m run	rest	4 m pace	5 m run	rest	10	cross
17	4 m run	rest	3 m run	4 m run	rest	2	Marathon