



Marathon

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1.	8 miles	3 miles	rest	Cross training	5 miles pace	3 miles	rest
2.	8 miles	3 miles	rest	Cross training	5 miles	3 miles	rest
3.	9 miles	3 miles	rest	Cross training	5 miles	3 miles	rest
4.	6 miles	3 miles	rest	Cross training	5 miles	3 miles	rest
5.	11 miles	3 miles	rest	Cross training	6 miles	3 miles	rest
6.	12 miles	3 miles	rest	Cross training	6 miles	3 miles	rest
7.	9 miles	3 miles	rest	Cross training	6 miles	3 miles	rest
8.	14 miles	4 miles	rest	Cross training	7 miles	4 miles	rest
9.	15 miles	4 miles	rest	Cross training	7 miles	4 miles	rest
10	Rest	4 miles	rest	Cross training	7 miles	4 miles	rest
11.	17 miles	4 miles	rest	Cross training	8 miles	4 miles	rest
12.	18 miles	5 miles	rest	Cross training	8 miles	4 miles	rest
13.	13 miles	5 miles	rest	Cross training	8 miles	5 miles	rest
14.	19 miles	5 miles	rest	Cross training	5 miles	5 miles	rest
15.	12 miles	5 miles	rest	Cross training	8 miles	5 miles	rest
16.	20 miles	5 miles	rest	Cross training	5 miles	5 miles	rest
17.	12 miles	4 miles	rest	Cross training	5 miles	5 miles	rest
18.	8 miles	4 miles	rest	rest	3 miles	4 miles	rest
19.	2 miles	3 miles	3 miles	rest	Rest	rest	Shake up Run
20.	Race day 26.2 miles	3 miles	rest	rest	rest	5 miles	rest