

How to Complete a Marathon in Only 16 Weeks

This beginner marathon training program assumes you have been running consistently for at least 8-10 weeks and can run for at least 30 minutes without stopping. Although you can change the workout days around to accommodate your schedule do not run for more than two consecutive days when following this program.

Always make sure to warm up for 5-10 minutes before beginning each exercise session.

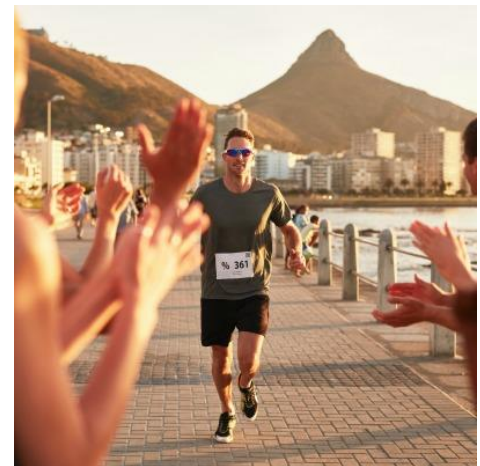
Intensity Scale: 10 is a very fast run, 1 is a leisurely stroll

Cross Training (X Training): Any form of exercise other than jogging or running. Swimming, cycling, rowing, elliptical (Intensity: 6/10)

Tempo Runs (Tues. and Thurs.): Faster pace than long runs, usually goal race pace (Intensity: 7/10)

Long Runs (Sat.): Slower pace as completing the distance is what's important, not time (Intensity: 5/10)

Recovery (Sun.): Can do cross training or go for a walk. 20-30 min of low intensity (Intensity: 2/10)



Week 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	6 km (PE: 7)	Rest	5 km (PE: 7)	Rest	8 km (PE: 5)	Recovery

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	6 km (PE: 7)	X Train (20 min)	5 km (PE: 7)	Rest	10 km (PE: 5)	Recovery

How to Complete a Marathon in Only 16 Weeks

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	6 km (PE: 7)	X Train (20 min)	5 km (PE: 7)	Rest	11 km (PE: 5)	Recovery

Week 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	8 km (PE: 7)	X Train (30 min)	5 km (PE: 7)	Rest	13 km (PE: 5)	Recovery

Week 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	8 km (PE: 7)	X Train (30 min)	5 km (PE: 7)	Rest	15 km (PE: 5)	Recovery

Week 6

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	8 km (PE: 7)	X Train (30 min)	6 km (PE: 7)	Rest	17 km (PE: 5)	Recovery

Week 7

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	10 km (PE: 7)	X Train (30 min)	6 km (PE: 7)	Rest	19 km (PE: 5)	Recovery

How to Complete a Marathon in Only 16 Weeks

Week 8

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	10 km (PE: 7)	X Train (30 min)	6 km (PE: 7)	Rest	22 km (PE: 5)	Recovery

Week 9

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	11 km (PE: 7)	X Train (45 min)	6 km (PE: 7)	Rest	25 km (PE: 5)	Recovery

Week 10

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	13 km (PE: 7)	X Train (45 min)	8 km (PE: 7)	Rest	25 km (PE: 5)	Recovery

Week 11

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	13 km (PE: 7)	X Train (45 min)	8 km (PE: 7)	Rest	27 km (PE: 5)	Recovery

Week 12

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	13 km (PE: 7)	X Train (45 min)	8 km (PE: 7)	Rest	29 km (PE: 5)	Recovery

How to Complete a Marathon in Only 16 Weeks

Week 13

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	13 km (PE: 7)	X Train (45 min)	8 km (PE: 7)	Rest	32 km (PE: 5)	Recovery

Week 14

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	13 km (PE: 7)	X Train (30 min)	8 km (PE: 7)	Rest	14 km (PE: 5)	Recovery

Week 15

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	8 km (PE: 7)	X Train (20 min)	5 km (PE: 7)	Rest	12 km (PE: 5)	Recovery

Week 16

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	5 km (EASY)	Rest	3 km (EASY)	Rest	Rest	Race Day!

Source: www.marathonrookie.com

<http://www.sport-fitness-advisor.com/marathon-training-schedule.html>