

BEGINNER MARATHON TRAINING PLAN

Week	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
1	UB	3M	4M + LB	4M	OFF	3M	6M
2	UB	3M	5M + LB	3M	OFF	3M	7M
3	UB	FARTLEK 4M	5M + LB	3M	OFF	3M	8M
4	UB	FARTLEK 4M	3M + LB	4M	OFF	3M	10M
5	UB	4-5 HILLS 5-10K PACE	3M + LB	4M	OFF	3M	12M
6	UB	3-4 LONG HILLS 5-10K PACE	4M + LB	6M	OFF	5M	5M
7	UB	3 X MILE 5-10K PACE	3M + LB	5M	OFF	3M	15M
8	UB	6M	5M + LB	6M	OFF	5M	7M
9	UB	5-6 HILLS 5-10K PACE	4M + LB	7M	OFF	3M	18M
10	UB	7M	6M + LB	7M	OFF	6M	9M
11	UB	4-5 LONG HILLS 5-10K PACE	5M + LB	8M	OFF	3M	20M
12	UB	3 X MILE 5-10K PACE	5M + LB	8M	OFF	3M	10M
13	UB	6 X 880s 5-10K PACE	6M + LB	8M	OFF	3M	22M
14	UB	7M	5M + LB	8M	OFF	5M	10M
15	UB	6 X 880s 5-10K PACE	6M + LB	8M	OFF	3M	24M
16	UB	4 X MILE 5-10K PACE	7M + LB	10M	OFF	4M	10M
17	UB	5M	3M + LB	5M	OFF	3M	26M
18	UB	6M	5M + LB	8M	OFF	4M	12M
19	UB	5M	4M + LB	6M	OFF	3M	12M
20	UB	FARTLEK 5M	4M	OFF	OFF	2M	RACE

NOTES:

- **UB**: Light upper body strength workout
- **LB**: Heavy lower body strength workout

Runners Guide To A Marathon

Xiaolong Qi



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