

## Marathon Training Schedule - Beginner

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Short - 2miles	Rest	Short - 2miles	Rest	Short - 2miles	Rest	Rest
2	Short - 3miles	Rest	Faritek - 20mins	Rest	Short - 2miles	Rest	Long - 3miles
3	Rest	Short - 3miles	Faritek - 20mins	Rest	Short - 3miles	Rest	Long - 4miles
4	Recovery	Rest	Short - 3miles	X Train - 30mins	Short - 3miles	Rest	Long - 5miles
5	Recovery	Rest	Short - 3miles	Faritek - 20mins	Short - 3miles	Rest	Long - 6miles
6	Recovery	Rest	Short - 3miles	Faritek - 30mins	Short - 3miles	Rest	Long - 7miles
7	Recovery	Rest	Short - 2miles	X Train - 30mins	Short - 2miles	Rest	Long - 5miles
8	Recovery	Rest	Short - 3miles	Faritek - 30mins	Short - 3miles	Rest	Long - 8miles
9	Recovery	Rest	Short - 3miles	Faritek - 30mins	Short - 3miles	Rest	Long - 9miles
10	Recovery	Rest	Short - 3miles	X Train - 30mins	Short - 3miles	Rest	Long - 6miles
11	Recovery	Rest	Short - 3miles	Faritek - 30mins	Short - 3miles	Rest	Long - 10miles
12	Recovery	Rest	Short - 3miles	Faritek - 30mins	Short - 4miles	Rest	Long - 11miles
13	Recovery	Rest	Short - 3miles	X Train - 30mins	Short - 3miles	Rest	Long - 8miles
14	Recovery	Rest	Short - 3miles	Faritek - 30mins	Short - 4miles	Rest	Long - 12miles
15	Recovery	Rest	Short - 3miles	Faritek - 45mins	Short - 4miles	Rest	Long - 14miles
16	Recovery	Rest	Short - 2miles	X Train - 30mins	Short - 3miles	Rest	Long - 6miles
17	Recovery	Rest	Short - 4miles	Faritek - 30mins	Short - 4miles	Rest	Long - 16miles
18	Recovery	Rest	Short - 4miles	Faritek - 45mins	Short - 5miles	Rest	Long - 10miles
19	Recovery	Rest	Short - 4miles	Faritek - 30mins	Short - 4miles	Rest	Long - 18miles
20	Recovery	Rest	Short - 5miles	X Train - 30mins	Short - 5miles	Rest	Long - 8miles
21	Recovery	Rest	Short - 5miles	Faritek - 45mins	Short - 5miles	Rest	Long - 10miles
22	Recovery	Rest	Short - 5miles	Faritek - 45mins	Short - 4miles	Rest	Long - 20miles
23	Recovery	Rest	Short - 5miles	X Train - 30mins	Short - 5miles	Rest	Long - 10miles
24	Recovery	Rest	Short - 5miles	Faritek - 45mins	Short - 4miles	Rest	Long - 8miles
25	Recovery	Rest	Short - 4miles	Faritek - 30mins	Short - 3miles	Rest	Long - 6miles
26	Recovery	Short - 3miles	Rest	Short - 2miles	Rest	Rest	<b>RACE</b>

## Marathon Training Schedule - Intermediate

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Recovery	Short - 3mile	Interval 2 x 1600m	Short - 3mile Strength	Rest	Short - 4mile	Long - 8mile
2	Recovery	Short - 3mile	Interval 2 x 1600m	Short - 3mile Strength	Rest	Short - 3mile	Long - 10mile
3	Recovery	Short - 3mile strength	Rest	Short - 3mile Strength	Rest	Short - 3mile Race pace	Long - 6mile
4	Recovery	Short - 4mile	Interval 4 x 800m	Short - 4mile Strength	Rest	Short - 4mile Race Pace	Long - 12mile
5	Recovery	Short - 5mile	Interval 4 x 800m	Short - 4mile Strength	Rest	Short - 4mile Race Pace	Long - 14mile
6	Recovery	Short - 3mile strength	Rest	Short - 3mile Strength	Rest	Short - 3mile Race Pace	Long - 8mile
7	Recovery	Short - 5mile	Interval 5 x 800m	Short - 5mile Strength	Rest	Short - 4mile Race Pace	Long - 16mile
8	Recovery	Short - 5mile	Interval 5 x 800m	Short - 5mile Strength	Rest	Short - 4mile Race Pace	Long - 18mile
9	Recovery	Short - 5mile	Rest	Short - 3mile Strength	Rest	Short - 4mile Race Pace	Long 10 mile
10	Recovery	Short - 5mile	Interval 6 x 800m	Short - 5mile Strength	Rest	Short - 3mile Race Pace	Long - 20mile
11	Recovery	Short - 3mile	Rest	Short - 4mile	Rest	Short - 4mile Race Pace	Long - 8mile
12	Recovery	Short - 5mile	Interval 6 x 800m	Short - 5mile Strength	Rest	Short - 4mile Race Pace	Long - 20mile
13	Recovery	Short - 3mile	Rest	Short - 5mile	Rest	Short - 4mile Race Pace	Long - 12mile
14	Recovery	Short - 5mile	Interval 6 x 800m	Short - 5mile Strength	Rest	Short - 3mile Race Pace	Long - 20mile
15	Recovery	Short - 3mile	Rest	Short - 4mile	Rest	Short - 4mile Race Pace	Long - 12mile
16	Recovery	Short - 5mile	Interval 4 x 800m	Short - 5mile Strength	Rest	Short - 4mile Race Pace	Long - 10mile
17	Recovery	Short - 5mile Strength	Short - 3mile	Short - 5mile Race Pace	Rest	Short - 5mile	Long - 8mile
18	Recovery	Short - 4mile	Rest	Short - 3mile	Rest	Rest	<b>Race</b>