

16-Week Marathon Training Program

5 days a week

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| GLOSSARY | Calculate your running performance and training Pace: https://runninglevel.com/ |
| | Easy Run = Best described as a conversational or comfortable pace run Aerobic Run = 30-45 seconds faster per mile than an easy pace run Hill Interval = 3-5% incline MP = Marathon Pace HM = Half Marathon Pace Warm ups and cool downs should be on the easy run side |

Make sure you stretch before and after the run and foam roll as often as you can to avoid injury and for quick recovery
 Dynamic stretching: before you run | <https://marathonhandbook.com/15-dynamic-stretches-for-runners/>
 Static stretching: after you run | <https://marathonhandbook.com/post-run-stretches/>
 Foam rolling: as often as possible | <https://www.runnersworld.com/uk/health/injury/g28517456/foam-roller-exercises/>
<https://www.frwsd.org/>

| Week # | Date | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------------|--------|--------|--|-------------------------|---|-------------------------|----------------------|--|
| Week 1 23 miles | 13-Feb | Rest | 4 miles Easy Run | 5 miles Easy Run | 3 miles Aerobic Run | Rest and/or Cross-train | 3 to 4 mile Easy Run | 8 miles Easy Run |
| Week 2 30 miles | 20-Feb | Rest | 7 miles: 1 mile warm up 3 x 1.5 miles 10k Pace, with 3 mins jog recoveries - 1 mile cool down | 6 miles Easy Run | 4 miles: 1 mile warm up - 2 miles HM Pace - 1 mile cool down | Rest and/or Cross-train | 3 to 4 mile Easy Run | 10 miles Easy Run |
| Week 3 31 miles | 27-Feb | Rest | 7 miles: 1 mile warm up 4 x 1 mile at 10k Pace, with 3 mins jog recoveries - 1 mile cool down | 7 miles Easy Run | 4 miles Aerobic Run | Rest and/or Cross-train | 3 to 4 mile Easy Run | 10 miles Easy Run |
| Week 4 32 miles | 06-Mar | Rest | 6 miles: 1 mile warm up 5 x 2/3 of mile at 10k Pace, with 2-min jog recoveries - 1 mile cool down | 8 miles Easy Run | 5 miles: 1 mile warm up - 3 miles HM Pace - 1 mile cool down | Rest and/or Cross-train | 3 to 4 mile Easy Run | 10 miles: 1 mile warm up - 3 miles at 10K pace - 1 mile MP - 2 miles at 10K pace - 1 mile MP - 1 miles at 5k pace - 1 mile cool down. |
| Week 5 32 miles | 13-Mar | Rest | 6 miles: 1 mile warm up 4 miles HM Pace - 1 mile cool down | 6 miles Easy Run | 5 miles Aerobic Run | Rest and/or Cross-train | 3 to 4 mile Easy Run | 12 miles Easy Run |
| Week 6 36 miles | 20-Mar | Rest | 6 miles: 1 mile warm up 8 x 1/4 mile up hill at 10k pace - downhill at MP - 1 mile cool down at end of session | 7 miles Easy Run | 6 miles: 1 mile warm up - 4 miles HM Pace - 1 mile cool down | Rest and/or Cross-train | 3 to 4 mile Easy Run | 14 miles: 1 mile warm up - 12 miles Aerobic Run - 1 mile cool down San Diego Half Marathon |
| Week 7 40 miles | 27-Mar | Rest | 6 miles: 1 mile warm up - 10 x 1/4 mile at 5k pace, with 3 mins jog recoveries - 1 mile cool down | 8 miles Easy Run | 7 miles Aerobic Run | Rest and/or Cross-train | 3 to 4 mile Easy Run | 16 miles Easy Run |
| Week 8 40 miles | 03-Apr | Rest | 5 miles: 1 mile warm up - 12 x 200 yard at 5k pace , with 1-min jog recoveries - 1 mile cool down | 7 miles Easy Run | 10 miles: 1 mile warm up - 3 miles at HM Pace - 1 mile easy run - 3 miles at HM Pace - 1 mile easy run - 1 mile at 10k Pace - 1 mile cool down | Rest and/or Cross-train | 3 to 4 mile Easy Run | 15 miles: 1 mile warm up - 13 Aerobic run - 1 mile cool down |
| Week 9 45 miles | 10-Apr | Rest | 7 miles: 1 mile warm up - 10 x 1/4 mile up hill at 10k pace - downhill at MP - 1 mile cool down at end of session | 8 miles Easy Run | 9 miles Aerobic Run | Rest and/or Cross-train | 3 to 4 mile Easy Run | 18 miles Easy Run |
| Week 10 45 miles | 17-Apr | Rest | 7 miles: 1 mile warm up 3 x 1.5 miles at 10k Pace, with 1/4 mile jog recoveries - 1 mile cool down | 9 miles Easy Run | 10 Miles: 1 mile warm up 3 miles at HM Pace - 1 mile cool down | Rest and/or Cross-train | 3 to 4 mile Easy Run | 16 miles: 1 mile warm up - 14 Aerobic run - 1 mile cool down |
| Week 11 46 miles | 24-Apr | Rest | 8 miles: 1 mile warm up 6 miles at HM pace - 1 mile cool down | 6 miles Easy Run | 9 miles Aerobic Run | Rest and/or Cross-train | 3 to 4 mile Easy Run | 20 miles Easy Run |
| Week 12 47 miles | 01-May | Rest | 10 miles: 1 mile warm up - 6 x 1 miles 10k Pace with 1 min jog recoveries - 1 mile cool down | 7 miles Easy Run | 6 miles: 1 mile warm up 4 miles HM Pace - 1 mile cool down | Rest and/or Cross-train | 3 to 4 mile Easy Run | 21 miles: 1 mile warm up - 12 miles Aerobic run - 7 miles at MP - 1 mile cool down |
| Week 13 46 miles | 08-May | Rest | 7 miles: 1 mile warm up - 10 x 2 mins up hill at 10k pace - downhill at MP - 1 mile cool down at end of session. | 8 miles Easy Run | 6miles: 1 mile warm up 4 miles HM Pace - 1 mile cool down | Rest and/or Cross-train | 3 to 4 mile Easy Run | 22 miles Easy Run |
| Week 14 40 miles | 15-May | Rest | 6 miles: of 1 mile warm up 6 x 1/2 mile at 10k Pace, with 1-min jog recoveries - 1 mile cool down | 6 miles Easy Run | 7 miles Aerobic Run | Rest and/or Cross-train | 3 to 4 mile Easy Run | 18 miles Easy Run |
| Week 15 30 miles | 22-May | Rest | 5 miles: 1 mile warm up 8 x 1/4 at 10k Pace, with 2 min jog recoveries - 1 mile cool down | 5 miles Easy Run | 5 miles: 1 mile warm up 3 miles HM Pace - 1 mile cool down | Rest | 3 to 4 mile Easy Run | 12 miles Aerobic Run |
| Week 16 35 miles | 29-May | Rest | 4 miles: 1 mile warm up 10 x 1/4 mile at 10k Pace, with 30 secs jog recoveries - 1 mile cool down | 3 miles Easy Run | Rest | Rest | 2 to 3 mile Easy Run | 26.2 Rock 'n Roll Marathon |