

Marathon Schedule



	Week 1	Week 2	Week 3
<i>Sunday</i>	12 miles easy	14 miles easy	16 miles easy
<i>Monday</i>	6 miles very easy or rest	6 miles very easy or rest	6 miles very easy or rest
<i>Tuesday</i>	club speed session	club speed session	club speed session
<i>Wednesday</i>	6 miles very easy or rest	6 miles very easy or rest	6 miles very easy or rest
<i>Thursday</i>	5 miles marathon pace	6 miles marathon pace	7 miles marathon pace
<i>Friday</i>	rest	rest	rest
<i>Saturday</i>	club speed session	club speed session	club speed session
	Week 4	Week 5	Week 6
<i>Sunday</i>	18 miles easy	12 miles easy	20 miles easy
<i>Monday</i>	6 miles very easy or rest	6 miles very easy or rest	6 miles very easy or rest
<i>Tuesday</i>	club speed session	club speed session	club speed session
<i>Wednesday</i>	6 miles very easy or rest	6 miles very easy or rest	6 miles very easy or rest
<i>Thursday</i>	8 miles marathon pace	9 miles marathon pace	10 miles marathon pace
<i>Friday</i>	rest	rest	rest
<i>Saturday</i>	club speed session	club speed session	club speed session
	Week 7	Week 8	Week 9
<i>Sunday</i>	12 miles easy	22 miles easy	12 miles easy
<i>Monday</i>	6 miles very easy or rest	6 miles very easy or rest	6 miles very easy or rest
<i>Tuesday</i>	club speed session	club speed session	club speed session
<i>Wednesday</i>	6 miles very easy or rest	6 miles very easy or rest	6 miles very easy or rest
<i>Thursday</i>	11 miles marathon pace	12 miles marathon pace	12 miles marathon pace
<i>Friday</i>	rest	rest	rest
<i>Saturday</i>	club speed session	club speed session	club speed session
	Week 10	Week 11	Week 12
<i>Sunday</i>	24 miles easy	12 miles easy	20 miles easy
<i>Monday</i>	6 miles very easy or rest	6 miles very easy or rest	6 miles very easy or rest
<i>Tuesday</i>	club speed session	club speed session	club speed session
<i>Wednesday</i>	6 miles very easy or rest	6 miles very easy or rest	6 miles very easy or rest
<i>Thursday</i>	12 miles marathon pace	12 miles marathon pace	10 miles marathon pace
<i>Friday</i>	rest	rest	rest
<i>Saturday</i>	club speed session	club speed session	club speed session
	Week 13	Week 14	Week 15
<i>Sunday</i>	12 miles easy	10 miles easy	6 miles easy
<i>Monday</i>	6 miles very easy or rest	6 miles very easy or rest	rest
<i>Tuesday</i>	club speed session	club speed session	club session 50% effort
<i>Wednesday</i>	6 miles very easy or rest	6 miles very easy or rest	rest
<i>Thursday</i>	8 miles marathon pace	6 miles marathon pace	3 miles very easy or rest
<i>Friday</i>	rest	rest	rest
<i>Saturday</i>	club speed session	club speed session	rest
			Sunday: Marathon