



Women's Health

MARATHON TRAINING PLAN

+ **CREATED BY:** Toni Kengor, RRCA-certified run coach

RUNNING ▶ Keep your runs at an easy “conversational” pace (60-90 seconds slower than Goal Marathon Pace).

STRIDES ▶ Start at a jog, build to 95% of your max effort speed, and then gradually slow to a stop. Complete 4-6 x 20-30 seconds of accelerations, jog or rest for 1 minute between rounds.

WARM-UP ▶ Before every single run, do a warm-up that includes muscle activation and dynamic stretches.

DURATION ▶ This plan is inclusive of all paces and abilities. Follow miles or minutes, whichever feels better.

STRENGTH ▶ Aim for 15 to 30 minutes of strength training.

BASE MILEAGE PREP (OPTIONAL)

WEEK 1	MON	TUESDAY	WED	THURSDAY	FRI	SAT	SUNDAY
MILEAGE: 20 miles	×	3 miles + strength	4 miles	4 miles + strength	×	3 miles	6 miles or ○ 60 min
WEEK 2	MON	TUESDAY	WED	THURSDAY	FRI	SAT	SUNDAY
MILEAGE: 21 miles	×	3 miles + strength	4 miles	4 miles + strength	×	3 miles	7 miles or ○ 1 hr 10 min
WEEK 3	MON	TUESDAY	WED	THURSDAY	FRI	SAT	SUNDAY
MILEAGE: 22 miles	×	3 miles + strength	5 miles	4 miles + strength	×	3 miles	7 miles or ○ 1 hr 10 min
WEEK 4	MON	TUESDAY	WED	THURSDAY	FRI	SAT	SUNDAY
MILEAGE: 23 miles	×	3 miles + strength	5 miles	4 miles + strength	×	3 miles	8 miles or ○ 1 hr 20 min


18-WEEK MARATHON TRAINING PLAN FOR ALL LEVELS

1	MON	TUESDAY	WED	THURSDAY	FRI	SAT	SUNDAY
24 miles	×	3 miles w/strides + strength	6 miles	4 miles + strength	×	3 miles	8 miles or ⌀ 1 hr 20 min
2	MON	TUESDAY	WED	THURSDAY	FRI	SAT	SUNDAY
25 miles	×	3 miles w/strides + strength	6 miles	4 miles + strength	×	3 miles	9 miles or ⌀ 1 hr 30 min
3	MON	TUESDAY	WED	THURSDAY	FRI	SAT	SUNDAY
20 miles	×	3 miles w/strides + strength	5 miles	3 miles + strength	×	3 miles	6 miles or ⌀ 60 min
4	MON	TUESDAY	WED	THURSDAY	FRI	SAT	SUNDAY
27 miles	×	4 miles w/strides + strength	6 miles	5 miles + strength	×	3 miles	9 miles or ⌀ 1 hr 40 min
5	MON	TUESDAY	WED	THURSDAY	FRI	SAT	SUNDAY
29 miles	×	4 miles w/strides + strength	6 miles	5 miles + strength	×	4 miles	10 miles or ⌀ 1 hr 50 min
6	MON	TUESDAY	WED	THURSDAY	FRI	SAT	SUNDAY
23 miles	×	3 miles w/strides + strength	5 miles	4 miles + strength	×	3 miles w/strides	8 miles or ⌀ 1 hr 20 min
7	MON	TUESDAY	WED	THURSDAY	FRI	SAT	SUNDAY
32 miles	×	4 miles w/strides + strength	7 miles	5 miles + strength	×	4 miles w/strides	12 miles or ⌀ 2 hrs

CONTINUED WEEK 8-14

8	MON	TUESDAY	WED	THURSDAY	FRI	SAT	SUNDAY
34 miles	×	4 miles w/ strides + strength	7 miles	6 miles + strength	×	4 miles w/ strides	13 miles or ○ 2 hrs 10 min
9	MON	TUESDAY	WED	THURSDAY	FRI	SAT	SUNDAY
26 miles	×	3 miles w/strides + strength	5 miles	4 miles + strength	×	4 miles w/ strides	10 miles or ○ 1 hr 40 min
10	MON	TUESDAY	WED	THURSDAY	FRI	SAT	SUNDAY
37 miles	×	4 miles w/strides + strength	8 miles	6 miles + strength	×	4 miles w/ strides	15 miles or ○ 2 hrs 20 min
11	MON	TUESDAY	WED	THURSDAY	FRI	SAT	SUNDAY
39 miles	×	4 miles w/strides + strength	8 miles	6 miles + strength	×	5 miles w/ strides	16 miles or ○ 2 hrs 30 min
12	MON	TUESDAY	WED	THURSDAY	FRI	SAT	SUNDAY
29 miles	×	4 miles w/strides + strength	6 miles	4 miles + strength	×	3 miles w/ strides	12 miles or ○ 2 hrs
13	MON	TUESDAY	WED	THURSDAY	FRI	SAT	SUNDAY
42 miles	×	5 miles w/strides + strength	8 miles	6 miles + strength	×	5 miles w/ strides	18 miles or ○ 2 hrs 45 min
14	MON	TUESDAY	WED	THURSDAY	FRI	SAT	SUNDAY
32 miles	×	4 miles w/strides + strength	5 miles	5 miles + strength	×	4 miles w/ strides	14 miles or ○ 2 hrs 10 min

CONTINUED WEEK 15-18

15	MON	TUESDAY	WED	THURSDAY	FRI	SAT	SUNDAY
45 miles	×	5 miles w/strides + strength	9 miles	6 miles + strength	×	5 miles w/strides	20 miles or 3 hrs
16	MON	TUESDAY	WED	THURSDAY	FRI	SAT	SUNDAY
35 miles	×	5 miles w/strides + strength	7 miles	6 miles + strength	×	5 miles w/strides	12 miles or 2 hrs
17	MON	TUESDAY	WED	THURSDAY	FRI	SAT	SUNDAY
22 miles	×	3 miles w/strides	5 miles	3 miles	×	3 miles w/strides	8 miles or 1 hr 20 min
18	MON	TUESDAY	WED	THURSDAY	FRI	SAT	SUNDAY
35.2 miles	×	3 miles w/strides	4 miles	×	×	2 miles	 26.2 miles