

women's **Running** 24 Week Marathon Training Plan

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	REST	WALK/RUN EASY 10x (Walk 2 min/ RUN EASY 1 min)	REST	WALK/RUN EASY 10x (Walk 2 min/ RUN EASY 1 min)	REST	WALK/RUN EASY 13x (Walk 2 min/ RUN EASY 1 min)	OPTIONAL NON-IMPACT CARDIO 30 min
2	REST	WALK/RUN EASY 15x (Walk 1 min/ RUN EASY 1 min)	REST	WALK/RUN EASY 15x (Walk 1 min/ RUN EASY 1 min)	OPTIONAL NON-IMPACT CARDIO 30 min	WALK/RUN EASY 20x (Walk 1 min/ RUN EASY 1 min)	OPTIONAL NON-IMPACT CARDIO 30 min
3	REST	WALK/RUN EASY 15x (Walk 30 sec/ RUN EASY 1.5 min)	OPTIONAL NON-IMPACT CARDIO 30 min	WALK/RUN EASY 15x (Walk 30 sec/ RUN EASY 1 min)	OPTIONAL NON-IMPACT CARDIO 30 min	RUN EASY 30 min	OPTIONAL NON-IMPACT CARDIO 30 min
4	REST	WALK/RUN EASY 15x (Walk 30 sec/ RUN EASY 1.5 min)	OPTIONAL NON-IMPACT CARDIO 30 min	RUN EASY 25 min	OPTIONAL NON-IMPACT CARDIO 30 min	REST	5 K RACE
5	REST	RUN EASY 30 min	OPTIONAL NON-IMPACT CARDIO 30 min	RUN EASY 30 min	OPTIONAL NON-IMPACT CARDIO 30 min	RUN EASY 40 min	OPTIONAL NON-IMPACT CARDIO 30 min
6	REST	SPEED PLAY 35 min EASY with 4 x 30 sec HARD sprinkled in	OPTIONAL NON-IMPACT CARDIO 30 min	FAST FINISH 30 min EASY+ 5 min MODERATE	OPTIONAL NON-IMPACT CARDIO 30 min	RUN EASY 50 min	OPTIONAL NON-IMPACT CARDIO 30 min
7	REST	SPEED PLAY 40 min EASY with 4 x 30 sec HARD sprinkled in	OPTIONAL NON-IMPACT CARDIO 30 min	FAST FINISH 30 min EASY+ 10 min MODERATE	OPTIONAL NON-IMPACT CARDIO 30 min	RUN EASY 1 hour	OPTIONAL NON-IMPACT CARDIO 30 min
8	REST	SPEED PLAY 35 min EASY with 4 x 30 sec HARD sprinkled in	OPTIONAL NON-IMPACT CARDIO 30 min	FAST FINISH 30 min EASY+ 5 min MODERATE	OPTIONAL NON-IMPACT CARDIO 30 min	REST	10 K RACE

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9	REST	SPEED PLAY 40 min EASY with 4 x 30 sec HARD sprinkled in	OPTIONAL NON-IMPACT CARDIO 30 min	FAST FINISH 30 min EASY+ 10 min MODERATE	OPTIONAL NON-IMPACT CARDIO 30 min	RUN EASY or OPTIONAL NON-IMPACT CARDIO 30 min	LONG RUN 6 miles EASY
10	REST	SPEED PLAY 40 min EASY with 6 x 30 sec HARD sprinkled in	OPTIONAL NON-IMPACT CARDIO 30 min	FAST FINISH 35 min EASY+ 10 min MODERATE	OPTIONAL NON-IMPACT CARDIO 30 min	RUN EASY or OPTIONAL NON-IMPACT CARDIO 30 min	LONG RUN 7 miles EASY
11	REST	SPEED PLAY 40 min EASY with 8 x 30 sec HARD sprinkled in	OPTIONAL NON-IMPACT CARDIO 30 min	FAST FINISH 40 min EASY+ 10 min MODERATE	OPTIONAL NON-IMPACT CARDIO 30 min	RUN EASY or OPTIONAL NON-IMPACT CARDIO 30 min	LONG RUN 8 miles EASY
12	REST	SPEED PLAY 40 min EASY with 4 x 30 sec HARD sprinkled in	OPTIONAL NON-IMPACT CARDIO 30 min	FAST FINISH 30 min EASY+ 10 min MODERATE	OPTIONAL NON-IMPACT CARDIO 30 min	RUN EASY or OPTIONAL NON-IMPACT CARDIO 30 min	LONG RUN 5 miles EASY
13	REST	HILL REPS 10 min EASY + 7x (1 min HARD uphill/2 min EASY)+ 10 min EASY	OPTIONAL NON-IMPACT CARDIO 30 min	TEMPO RUN 15 min EASY + 15 min MODERATE + 15 min EASY	OPTIONAL NON-IMPACT CARDIO 30 min	RUN EASY or NON-IMPACT CARDIO 30 min	LONG RUN 10 miles EASY
14	REST	HILL REPS 10 min EASY + 7x (1 min HARD uphill/2 min EASY)+ 10 min EASY	OPTIONAL NON-IMPACT CARDIO 30 min	TEMPO RUN 15 min EASY + 18 min MODERATE + 15 min EASY	OPTIONAL NON-IMPACT CARDIO 30 min	RUN EASY or NON-IMPACT CARDIO 30 min	LONG RUN 12 miles EASY
15	REST	HILL REPS 10 min EASY + 7x (1 min HARD uphill/2 min EASY)+ 10 min EASY	OPTIONAL NON-IMPACT CARDIO 30 min	TEMPO RUN 15 min EASY + 20 min MODERATE + 15 min EASY	OPTIONAL NON-IMPACT CARDIO 30 min	RUN EASY or NON-IMPACT CARDIO 30 min	LONG RUN 8 miles EASY
16	REST	SPEED PLAY 40 min EASY with 8 x 30 HARD sprinkled in	OPTIONAL NON-IMPACT CARDIO 30 min	FAST FINISH 40 min EASY + 10 min MODERATE	OPTIONAL NON-IMPACT CARDIO 30 min	REST	HALF MARATHON

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17	REST	SPEED PLAY 40 min EASY with 4 x 1 min HARD sprinkled in	RUN EASY or NON-IMPACT CARDIO 30 min	TEMPO RUN 15 min EASY + 20 min MODERATE + 15 min EASY	OPTIONAL NON-IMPACT CARDIO 30 min	RUN EASY or NON-IMPACT CARDIO 30 min	LONG RUN 12 miles EASY
18	REST	SPEED PLAY 45 min EASY with 4 x 2 min HARD sprinkled in	RUN EASY or NON-IMPACT CARDIO 35 min	TEMPO RUN 15 min EASY + 22 min MODERATE + 15 min EASY	OPTIONAL NON-IMPACT CARDIO 30 min	RUN EASY or NON-IMPACT CARDIO 30 min	LONG RUN 14 miles EASY
19	REST	SPEED PLAY 50 min EASY with 4 x 3 min HARD sprinkled in	RUN EASY or NON-IMPACT CARDIO 40 min	TEMPO RUN 15 min EASY + 24 min MODERATE + 15 min EASY	OPTIONAL NON-IMPACT CARDIO 30 min	RUN EASY or NON-IMPACT CARDIO 30 min	LONG RUN 16 miles EASY
20	REST	SPEED PLAY 40 min EASY with 4 x 1 min HARD sprinkled in	RUN EASY or NON-IMPACT CARDIO 30 min	FAST FINISH 30 min EASY + 10 min MODERATE	OPTIONAL NON-IMPACT CARDIO 30 min	RUN EASY or NON-IMPACT CARDIO 30 min	LONG RUN 10 miles EASY
21	REST	SPEED PLAY 55 min EASY with 4 x 4 min HARD sprinkled in	RUN EASY or NON-IMPACT CARDIO 45 min	TEMPO RUN 15 min EASY + 26 min MODERATE + 15 min EASY	OPTIONAL NON-IMPACT CARDIO 30 min	RUN EASY or NON-IMPACT CARDIO 45 min	MARATHON SIMULATOR RUN 1 mile EASY + 16.2 miles @marathon goal pace
22	REST	SPEED PLAY 1 hour EASY with 4 x 5 min HARD sprinkled in	RUN EASY or NON-IMPACT CARDIO 50 min	TEMPO RUN 15 min EASY + 28 min MODERATE + 15 min EASY	OPTIONAL NON-IMPACT CARDIO 30 min	RUN EASY or NON-IMPACT CARDIO 50 min	LONG RUN 20 miles EASY
23	REST	SPEED PLAY 45 min EASY with 4 x 3 min HARD sprinkled in	RUN EASY or NON-IMPACT CARDIO 45 min	TEMPO RUN 15 min EASY + 30 min MODERATE + 15 min EASY	OPTIONAL NON-IMPACT CARDIO 30 min	RUN EASY or NON-IMPACT CARDIO 45 min	LONG RUN 10 miles EASY
24	REST	SPEED PLAY 40 min EASY with 4 x 1 min HARD sprinkled in	RUN EASY or NON-IMPACT CARDIO 30 min	FAST FINISH 20 min EASY + 10 min MODERATE	OPTIONAL NON-IMPACT CARDIO 20-30 min	REST	MARATHON