

Training Plan – Marathon

Powered by: 

16 week Training Schedule (base mileage of 10 miles a week)

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	3	Cross Train	4	3	Rest	6	Rest
2	3	Cross Train	4	3	Rest	7	Rest
3	3	Cross Train	5	3	Rest	8	Rest
4	3	Cross Train	4	3	Rest	6	Rest
5	3	Cross Train	6	3	Rest	8	Rest
6	3	Cross Train	6	3	Rest	9	Rest
7	3	Cross Train	6	3	Rest	11	Rest
8	4	Cross Train	6	3	Rest	13	Rest
9	3	Cross Train	5	3	Rest	10	Rest
10	4	Cross Train	7	4	Rest	14	Rest
11	4	Cross Train	7	4	Rest	16	Rest
12	4	Cross Train	7	4	Rest	17	Rest
13	4	Cross Train	8	4	Rest	20	Rest
14	3	Cross Train	7	3	Rest	15	Rest
15	3	Cross Train	6	3	Rest	8	Rest
16	3	Rest	5	3	Rest	RACE	Rest

This beginner level program is designed to gradually build your mileage and get you across the finish line. To design an advanced program, contact Bellin Health running expert Nate Vandervest at (920) 430-4756 or nhvand@bellin.org.