



## Example Training Guide Marathon

- **Week 1**  
Run 4 to 5 miles four or five times. Weekly mileage: 18 to 24 miles. (If this is more than you can handle now, start with the half marathon training schedule and stay on it until you reach Week 6.)
- **Week 2**  
Run 4 to 5 miles or five or six times. Weekly mileage: 20 to 26 miles.
- **Week 3**  
Run 4 to 6 miles five or 6 times. Weekly mileage: 22 to 28 miles.
- **Week 4**  
Restorative week! Run 3 to 5 miles four or six times. Weekly mileage: 15 to 18 miles.
- **Week 5**  
Run 4 to 6 miles five or 6 times. Weekly mileage: 23 to 30 miles.
- **Week 6**  
Run 4 to 6 miles five or six times. Weekly mileage: 25 to 32 miles.
- **Week 7**  
Run 4 to 7 miles five or six times. Weekly mileage: 27 to 35 miles.
- **Week 8**  
Restorative week! Base building is over! Run 3 to 5 miles five times. Weekly mileage: 16 to 20 miles.
- **Week 9**  
Long run: 8 to 9 miles; moderately long run: 6 miles; easy or tempo runs: 4 miles. One or two rest days. Weekly mileage: 26 to 32 miles.
- **Week 10**  
Long run: 9 to 10 miles; moderately long run: 7 miles; easy or tempo runs: 4 to 5 miles. One or two rest days. Weekly mileage: 28 to 35 miles.

- **Week 11**  
Long run: 10 to 12 miles; moderately long run: 7 to 8 miles; easy or tempo runs: 4 to 5 miles. One or two rest days. Weekly mileage: 30 to 36 miles.
- **Week 12**  
Restorative week! Long run: 7 to 8 miles; moderately long run: 6 miles; easy or tempo runs: 3 to 4 miles. Two rest days. Weekly mileage: 22 to 25 miles.
- **Week 13**  
Long run: 10 to 12 miles; moderately long run: 7 to 8 miles; easy or tempo runs: 5 miles. One or two rest days. Weekly mileage: 32 to 38 miles.
- **Week 14**  
Long run: 11 to 13 miles; moderately long run: 8 miles; easy or tempo runs: 4 or 5 miles. One or two rest days. Weekly mileage: 34 to 40 miles.
- **Week 15**  
Long run: 12 to 14 miles; moderately long run: 8 to 9 miles; easy or tempo runs: 5 miles. One or two rest days. Weekly mileage: 35 to 43 miles.
- **Week 16**  
Restorative week! Long run: 8 miles; moderately long run: 7 miles; easy runs: 3 to 5 miles. Two rest days. Weekly mileage: 24 to 30 miles.
- **Week 17**  
Long run: 13 to 15 miles; moderately long run: 8 to 9 miles; easy or tempo runs: 5 miles. One or two rest days. Weekly mileage: 35 to 45 miles.
- **Week 18**  
Long run: 14 to 16 miles; moderately long run: 8 to 10 miles; easy or tempo runs: 5 or 6 miles. One or two rest days. Weekly mileage: 37 to 47 miles.
- **Week 19**  
Long run: 16 to 18 miles; moderately long run: 8 to 10 miles; easy or tempo runs: 5 or 6 miles. One or two rest days. Weekly mileage: 40 to 50 miles.
- **Week 20**  
Restorative week! Long run: 10 to 12 miles; moderately long run: 7 miles; easy or tempo runs: 4 or 5 miles. One or two rest days. Weekly mileage: 31 to 36 miles.
- **Week 21**  
Long run: 18 to 20 miles; moderately long run: 10 to 12 miles; easy or tempo runs: 5 to 6 miles. One or two rest days. Weekly mileage: 43 to 52 miles.
- **Week 22**  
Long run: 15 to 16 miles; moderately long run: 8 miles; easy or tempo runs: 4 or 5 miles. One or two rest days. Weekly mileage: 35 to 40 miles.

■ **Week 23**

Long run: 10 to 12 miles; moderately long run: 7 miles; easy or tempo runs: 4 miles. Two rest days. Weekly mileage: 29 to 31 miles.

■ **Week 24**

The Marathon is Sunday! Taper off the training. Do a few easy runs of 5 to 7 miles, maybe one tempo run. Rest on Friday and Saturday. Have a nice pasta dinner at the Expo and sleep well the night before. The best of luck to you!

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