Marathon training plan

Sixteen weeks. Four runs a week, long run on the weekend.

NAME

RACE DATE

WEEK	EASY RUN	EASY RUN	TEMPO OR HILLS	LONG RUN
WEEK 1	☐	☐	☐	10 km ☐
WEEK 2	☐	☐	☐	13 km ☐
WEEK 3	☐	☐	☐	14 km ☐
WEEK 4	☐	☐	☐	16 km ☐
WEEK 5	☐	☐	☐	18 km ☐
WEEK 6	☐	☐	☐	21 km ☐
WEEK 7	☐	☐	☐	16 km ☐
WEEK 8	☐	☐	☐	23 km ☐
WEEK 9	☐	☐	☐	26 km ☐
WEEK 10	☐	☐	☐	29 km ☐
WEEK 11	☐	☐	☐	21 km ☐
WEEK 12	☐	☐	☐	32 km ☐
WEEK 13	☐	☐	☐	34 km ☐
WEEK 14	☐	☐	☐	24 km ☐
WEEK 15	☐	☐	☐	16 km ☐
WEEK 16	☐	☐	☐	Race ☐

The last three weeks are the taper: less running, same sleep, same food.

Not medical advice. Get your doctor's OK before you start.