

# 12 - WEEK MARATHON TRAINING PLAN

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	6 km Easy Run	Strength Training Interval Repeats	8 km Easy Run	Strength Training	5 km Easy Run	16 km Long Run	Rest
WEEK 2	6 km Easy Run	Strength Training Interval Repeats	8 km Easy Run	Strength Training	6 km Easy Run	18 km Long Run	Rest
WEEK 3	6 km Easy Run	Strength Training Interval Repeats	10 km Easy Run	Strength Training	6 km Easy Run	19 km Long Run	Rest
WEEK 4	8 km Easy Run	Strength Training Interval Repeats	10 km Easy Run	Strength Training	8 km Easy Run	21 km Long Run	Rest
WEEK 5	8 km Easy Run	Strength Training Interval Repeats	11 km Easy Run	Strength Training	8 km Easy Run	24 km Long Run	Rest
WEEK 6	6 km Easy Run	Strength Training Interval Repeats	8 km Easy Run	Strength Training	6 km Easy Run	13 km Long Run	Rest
WEEK 7	10 km Easy Run	Strength Training Interval Repeats	11 km Easy Run	Strength Training	10 km Easy Run	26 km Long Run	Rest
WEEK 8	10 km Easy Run	Strength Training Interval Repeats	13 km Easy Run	Strength Training	10 km Easy Run	30 km Long Run	Rest
WEEK 9	11 km Easy Run	Strength Training Interval Repeats	13 km Easy Run	Strength Training	11 km Easy Run	30 km Long Run	Rest
WEEK 10	13 km Easy Run	Strength Training Interval Repeats	15 km Easy Run	Strength Training	13 km Easy Run	32 km Long Run	Rest
WEEK 11	6 km Easy Run	Strength Training	10 km Easy Run	Strength Training	6 km Easy Run	13 km Long Run	Rest
WEEK 12	5 km Easy Run	Rest	3 km Easy Run	Rest	3 km Shakeout	Marathon	Rest