

20 WEEK FULL MARATHON TRAINING PLAN

WEEK	MONDAY	TUESDAY	WEDNSDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	RECOVERY 5K	X-TRAIN	3 MILES	X-TRAIN	3 MILES	REST	3.10 MILES
2	RECOVERY 5K	X-TRAIN	4 MILES	X-TRAIN	4 MILES	REST	5 MILES
3	RECOVERY 5K	X-TRAIN	5 MILES	X-TRAIN	5 MILES	REST	6.20 MILES
4	RECOVERY 5K	X-TRAIN	5.5 MILES	X-TRAIN	5.5 MILES	REST	8 MILES
5	RECOVERY 5K	X-TRAIN	6 MILES	X-TRAIN	6 MILES	REST	10 MILES
6	RECOVERY 5K	X-TRAIN	6 MILES	X-TRAIN	6 MILES	REST	12 MILES
7	RECOVERY 5K	X-TRAIN	6.5 MILES	X-TRAIN	6.5 MILES	REST	10 MILES
8	RECOVERY 5K	X-TRAIN	6 MILES	X-TRAIN	6 MILES	REST	14 MILES
9	RECOVERY 5K	X-TRAIN	6.5 MILES	X-TRAIN	6.5 MILES	REST	10 MILES
10	RECOVERY 5K	X-TRAIN	7 MILES	X-TRAIN	7 MILES	REST	16 MILES
11	RECOVERY 5K	X-TRAIN	7.5 MILES	X-TRAIN	7.5 MILES	REST	12 MILES
12	RECOVERY 5K	X-TRAIN	7 MILES	X-TRAIN	7 MILES	REST	14 MILES
13	RECOVERY 5K	X-TRAIN	7.5 MILES	X-TRAIN	7.5 MILES	REST	16 MILES
14	RECOVERY 5K	X-TRAIN	8 MILES	X-TRAIN	8 MILES	REST	10 MILES
15	RECOVERY 5K	X-TRAIN	8.5 MILES	X-TRAIN	8.5	REST	18 MILES
16	RECOVERY 5K	X-TRAIN	9 MILES	X-TRAIN	9 MILES	REST	20 MILES
17	RECOVERY 5K	X-TRAIN	10 MILES	X-TRAIN	10 MILES	REST	22 MILES
18	RECOVERY 5K	X-TRAIN	10 MILES	X-TRAIN	10 MILES	REST	24 MILES
19	RECOVERY 5K	X-TRAIN	12 MILES	X-TRAIN	10 MILES	REST	15MILES
20	RECOVERY 5K	X-TRAIN	5K	X-TRAIN	REST	REST	RACE DAY!