

Training Schedules

These are sample schedules. Be flexible. Long runs are on Saturdays in the schedule, but may be switched to other days.

First-Time Marathoner

This is a bare minimum schedule (from a 15-mile-per-week base for at least one month to a peak of 35 miles per week).

	M	T	W	Th	F	Sat	Sun	Total
Base	off	3	off	3	off	6	3	15
Week								
1	off	3	off	3	off	8	3	17
2	off	4	off	4	off	6	4	18
3	off	3	off	4	off	10	3	20
4	off	5	off	4	off	8	4	21
5	off	4	off	3	off	13	3	23
6	off	4	4	4	off	8	4	24
7	off	4	4	4	off	15	off	27
8	off	4	4	4	off	10	3	25
9	off	3	4	4	off	16	3	30
10	off	5	5	5	off	12	3	30
11	off	4	4	4	off	18	3	33
12	off	5	6	5	3	12	4	35
13	off	4	4	4	off	20	3	35
14	off	5	6	5	off	12	4	32
15	off	4	4	4	off	20	3	35
16	off	4	4	4	3	15	3	33
17	off	4	4	4	off	6	5	23
18	off	4	4	3	off	2	26.2	13+race

First-time and Casual Marathoner

This the preferred schedule most first-time and experienced marathoners who choose train moderately (from 20-mile-per-week base for at least one month to a peak of 40 miles perweek).

	M	T	W	Th	F	Sat	Sun	Total
Base	off	3	4	4	off	6	3	20
Week								
1	off	3	4	4	off	8	3	22
2	off	4	4	4	off	8	4	24
3	off	4	4	4	off	10	4	26
4	off	4	4	4	off	8	4	24
5	off	4	4	4	off	13	3	28
6	off	4	5	4	off	10	4	27
7	off	4	4	4	off	15	3	30
8	off	5	5	4	off	12	4	30
9	off	4	4	4	off	18	3	33
10	off	6	5	4	4	12	4	35
11	3	5	5	5	off	20	off	38
12	5	6	off	6	4	13	6	40
13	off	6	5	5	4	20	off	40
14	4	6	5	6	off	13	6	40
15	off	4	4	4	4	20	off	36
16	4	4	3	4	off	15	3	33
17	off	5	4	5	off	4	6	24
18	off	4	4	4	off	2	26.2	14+race

Basic Marathoner

This is the recommended schedule for the average veteran marathoner (from a 25-mile-per-week base for at least one month to a peak of 45 miles per week).

	M	T	W	Th	F	Sat	Sun	Total
Base	off	4	4	4	off	10	3	25
Week								
1	off	4	4	3	off	13	3	27
2	off	5	5	5	off	10	5	30
3	off	4	4	3	3	15	3	32
4	off	5	5	5	3	12	4	34
5	off	5	4	4	off	18	4	35
6	off	5	6	5	4	13	4	37
7	off	6	5	5	3	18	3	40

8	off	6	6	6	6	13	5	42
9	off	6	6	6	4	20	3	45
10	off	6	6	6	6	13	5	42
11	off	6	6	6	4	20	3	45
12	off	6	6	6	6	13	5	42
13	off	6	6	6	4	20	3	45
14	off	6	6	6	6	13	5	42
15	off	5	6	5	4	22	3	45
16	off	5	5	4	3	15	3	35
17	off	5	5	5	off	8	4	27
18	off	4	4	3	off	3	26.2	14+race

Competitive Marathoner

This is a schedule for veteran marathoners aiming to improve race time (from a 30-mile-per-week base for at least one month to a peak of 50 miles per week).

	M	T	W	Th	F	Sat	Sun	Total
Base	off	5	5	5	off	10	5	30
Week								
1	off	6	5	5	off	13	3	32
2	off	5	4	5	3	13	3	33
3	off	5	5	4	4	15	3	36
4	off	5	6	5	4	13	5	38
5	5	5	6	5	off	15	4	40
6	6	6	6	6	off	13	6	43
7	off	6	6	6	6	18	5	47
8	6	6	6	6	off	15	4	43
9	off	6	6	8	5	20	5	50
10	off	6	6	8	6	15	5	46
11	off	6	6	8	6	20	4	50
12	off	6	6	8	6	13	6	45
13	off	6	6	8	4	22	4	50
14	off	6	6	8	6	15	4	45
15	off	5	6	5	off	22	4	42
16	off	5	5	6	5	15	4	40
17	off	5	5	4	4	8	4	30

18	off	4	4	3	off	3	26.2	14+race
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Advanced Marathoner A

This is a schedule for advanced runners who have the time, energy, and experience to handle the more difficult workload (from a 40-mile-per-week base for at least one month to a peak of 60 miles per week).

	M	T	W	Th	F	Sat	Sun	Total
Base	off	6	6	5	5	12	6	40
Week								
1	off	6	5	6	5	15	5	42
2	off	6	6	6	5	18	4	45
3	off	6	6	6	4	20	5	47
4	off	6	6	8	6	15	6	47
5	off	6	6	6	6	20	6	50
6	off	6	6	8	6	13	6	45
7	off	8	8	8	6	20	5	55
8	off	8	8	8	7	13	6	50
9	off	8	8	8	8	20	8	60
10	off	8	8	8	8	15	6	53
11	off	8	8	8	8	22	6	60
12	off	8	8	8	8	15	6	53
13	off	8	8	8	8	23	5	60
14	off	8	8	8	8	15	8	55
15	off	8	7	6	6	22	6	55
16	off	6	8	6	5	15	5	45
17	off	6	6	6	5	8	4	35
18	off	5	4	3	off	3	26.2	15+race

Advanced Marathoner B

This is a schedule for advanced runners who have the time, energy, and experience to handle an even more difficult workload (from a 50-mile-per-week base for at least one month to a peak of 70 miles per week). It can be adjusted to 80+ miles per week and may require some two-a-day sessions.

	M	T	W	Th	F	Sat	Sun	Total
Base	off	8	8	8	6	12	8	50
Week								
1	off	8	7	8	7	15	7	52
2	off	8	7	8	7	18	7	55
3	4	8	8	8	7	15	7	57
4	off	8	7	8	7	20	7	57
5	5	8	8	8	8	15	8	60
6	off	8	8	8	8	20	8	60
7	off	8	8	8	8	15	8	55
8	4	8	8	8	6	22	6	62
9	8	8	10	8	8	15	8	65
10	6	8	8	8	7	20	8	65
11	10	8	10	8	8	16	8	68
12	10	8	8	8	6	22	8	70
13	10	8	10	8	8	16	10	70
14	8	8	10	8	6	23	7	70
15	10	8	10	8	8	16	10	70
16	off	8	8	8	8	20	8	60
17	off	8	7	8	6	10	6	45
18	off	5	4	3	off	3	26.2	15+race

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http://www.ingnycmarathon.org/training/training_schedule.htm