



16 Week Marathon Training Program

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Training Days:		4		Goal:		Finish		Sport:	Running
Level:		Beginner		Intensity:		Easy		Designer:	Scott Welle
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Phase	
1	2 Mile Run	Active Recovery	3 Mile Run	3 Mile Run	Active Recovery	4 Mile Run/Walk	Rest	Base	
2	3 Mile Run	Active Recovery	4 Mile Run	3 Mile Run	Active Recovery	6 Mile Run/Walk	Rest	Base	
3	4 Mile Run	Active Recovery	3 Mile Run (faster)	3 Mile Run	Active Recovery	7 Mile Run/Walk	Rest	Build	
4	5 Mile Run	Active Recovery	4 Mile Run (faster)	3 Mile Run	Active Recovery	8 Mile Run/Walk	Rest	Build	
5	5 Mile Run	Active Recovery	5 Mile Run (faster)	3 Mile Run	Active Recovery	10 Mile Run/Walk	Rest	Build	
6	3 Mile Run	Active Recovery	3 Mile Run	3 Mile Run	Active Recovery	5 Mile Run/Walk	Rest	Stepback	
7	5 Mile Run	Active Recovery	5 Mile Run (faster)	3 Mile Run	Active Recovery	11 Mile Run/Walk	Rest	Build II	
8	5 Mile Run	Active Recovery	6 Mile Run (faster)	3 Mile Run	Active Recovery	12 Mile Run/Walk	Rest	Build II	

9	5 Mile Run	Active Recovery	7 Mile Run (faster)	3 Mile Run	Active Recovery	14 Mile Run/Walk	Rest	Build II
10	4 Mile Run	Active Recovery	4 Mile Run	3 Mile Run	Active Recovery	10 Mile Run/Walk	Rest	Stepback
11	5 Mile Run	Active Recovery	8 Mile Run (faster)	3 Mile Run	Active Recovery	16 Mile Run/Walk	Rest	Build III
12	5 Mile Run	Active Recovery	9 Mile Run (faster)	3 Mile Run	Active Recovery	18 Mile Run/Walk	Rest	Build III
13	5 Mile Run	Active Recovery	10 Mile Run (faster)	3 Mile Run	Active Recovery	20 Mile Run/Walk	Rest	Build III
14	5 Mile Run	Active Recovery	7 Mile Run (faster)	3 Mile Run	Active Recovery	16 Mile Run/Walk	Rest	Peak
15	5 Mile Run	Active Recovery	6 Mile Run (faster)	3 Mile Run	Active Recovery	10 Mile Run/Walk	Rest	Taper
16	3 Mile Run	Active Recovery	4 Mile Run	2 Mile Run	Active Recovery	RACE DAY	Rest	Race

Notes:

- Run/Walk can be any combination of running and walking. The most important thing is *completing the mileage*.
- Active Recovery can be anything non-impact and not taxing on the legs
- Keep your runs on flats...and preferably softer terrain (trails, mulch, grass, etc.). It's easier on your legs.
- Wednesday runs that say "faster" should be done at a slightly greater intensity than the other runs. You shouldn't feel like you're dying – you should just be slightly out of breath as you're doing the miles