

MY 20 WEEK MARATHON TRAINING PLAN

I had previously completed a couch to 5K plan, followed by a 10k plan. In total my marathon training took me 9.5 months.

Start each run with some dynamic stretches warm up, and once you have finished some static stretches.

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	Run	Rest	Run	Kettle & Core	Gym	Long Run	Rest
Distance (miles)	4		3			7.5	

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	Run	Rest	Run	Kettle & Core	Gym	Long Run	Rest
Distance (miles)	4		3			8.1	

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	Run	Rest	Run	Kettle & Core	Gym	Long Run	Rest
Distance (miles)	4		3			9	

Week 4 Recovery Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	Run	Rest	Run	Kettle & Core	Gym	Long Run	Rest
Distance (miles)	4		3			7	

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	Run	Rest	Hill Run	Kettle & Core	Gym	Long Run	Rest
Distance (miles)	4		3			9.75	

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	Run	Rest	Tempo Run	Kettle & Core	Gym	Long Run	Rest
Distance (miles)	4		3			10.75	

Week 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	Run	Rest	Hill Run	Kettle & Core	Gym	Long Run	Rest
Distance (miles)	4		3			11.8	

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Week 8 Recovery Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	Run	Rest	Tempo Run	Kettle & Core	Gym	Long Run	Rest
Distance (miles)	4		3			6	

Week 9	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	Run	Rest	Hill Run	Kettle & Core	Gym	Rest	Half-Marathon
Distance (miles)	4		3				13.1

Week 10 Recovery Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	Rest	Rest	Easy Run	Kettle & Core	Gym	Long Run	Rest
Distance (miles)			3			10	

Week 11	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	Run	Rest	Tempo Run	Kettle & Core	Gym	Long Run	Rest
Distance (miles)	4		3			14.25	

Week 12 Recovery Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	Run	Rest	Hill Run	Kettle & Core	Gym	Long Run	Rest
Distance (miles)	4		3			10	

Week 13	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	Run	Rest	Tempo Run	Kettle & Core	Gym	Long Run	Rest
Distance (miles)	4		3			15	

Week 14 Recovery Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	Run	Rest	Hill Run	Kettle & Core	Gym/Swim	Long Run	Rest
Distance (miles)	4		3			10	

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Week 15	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	Easy Run	Rest	Hill Run	Kettle & Core	Gym	Long Run	Rest
Distance (miles)	4		3			16.5	

Week 16	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	Easy Run	Rest	Tempo Run	Kettle & Core	Gym/Swim	Long Run	Rest
Distance (miles)	4		3			18.1	

Week 17	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	Rest	Rest	Easy Run	Kettle & Core	Gym	Longest Run	Rest
Distance (miles)	3		3			20	

Week 18 Taper week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	Easy Run	Rest	Easy Run	Rest	Gym/Swim	Long Run	Rest
Distance (miles)	4		3			10	

Week 19 Taper week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	Easy Run	Rest	Rest	Easy Run	Swim	Rest	Easy Run
Distance (miles)	3			4			6

Week 20 Taper week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	Rest	Easy Run	Rest	Easy Run	Rest	Rest	Marathon Day!
Distance (miles)		2.7		1.75			26.2

Types of Run

Run - literally went for a run, with no real agenda

Easy - took things really easy, running at a long run pace

Tempo - up the intensity for periods of time during the run

Hill - run up a hill of a moderate incline, resting for a period on the flat or back down the hill and repeat

Long - really slow running, slow enough that you could hold a conversation