



BEGINNER MARATHON TRAINING PLAN

RECOMMENDED RACES FOR SUNDAY

WEEK	MON	TUE	WED	THUR	FRI	SAT	SUN	
1 (May 30-June 5)	Rest	6K	Time Trial (1 mile)	6K	Rest	6K	20K	→ RUN UNITED 2
2 (June 5-12)	Rest	6K with 4 strides	Rest	10K	Rest	6K	26K	→ COLORS OF FREEDOM
3 (June 13-19)	Rest	6K with 4 strides	Rest	10K	Rest	6K	29K	→ PAF ANNIV RUN
4 (June 20-26)	Rest	10K with 6 strides	Rest	8K	Rest	8K	32K	→ WORLD VISION RUN
5 (June 27-July 3)	Rest	11K with 7 strides	Time Trial (1 mile)	11K	Rest	11K	23K	→ RUN GNC
6 (July 4 -10)	Rest	10K with 6 strides	Rest	11K	Rest	11K	32K	→ MBC CLEAN UP RUN
7 (July 11-17)	Rest	11K with 7 strides	Rest	11K	Rest	11K	21K	→ WE RUN FOR THE SKYWALKER
8 (July 18-24)	Rest	8K with 5 strides	Rest	6K	Rest	8K	16K	→ BUBBLE RUN
9 (July 25-31)	Rest	5K	Time Trial (1 mile)	6K	Rest	5K	Milo Marathon	

Reference: MP = Marathon Pace.

INTERMEDIATE MARATHON TRAINING PLAN

RECOMMENDED RACES FOR SUNDAY

WEEK	MON	TUE	WED	THUR	FRI	SAT	SUN	
1 (May 30-June 5)	Rest	8K with 5 easy strides	13K with 8 hill repeats	Rest	Time Trial	6K easy	23K	→ RUN UNITED 2
2 (June 5-12)	Rest	3K with 3 easy strides	13K with 3x1 mile	Rest	14 K Total w/ 11K@MP	5K easy	29K	→ COLORS OF FREEDOM
3 (June 13-19)	Rest	6K easy with 4 strides	Yasso 800s 14K with 6 x 800	Rest	16 K Total w/ 13K@MP	Rest	32K	→ PAF ANNIV RUN
4 (June 20-26)	Rest	6K easy with 4 strides	11K easy	Rest	16 K Total w/ 13K@MP	6K easy	32K	→ WORLD VISION RUN
5 (June 27-July 3)	Rest	Time Trial	14K with 4x1 mile	10K easy	11 K Total w/ 8K@MP	13K easy	24K	→ RUN GNC
6 (July 4 -10)	Rest	10K with 6 strides	Yasso 800s 16K with 8 x 800	Rest	10K easy	10K easy	35K	→ MBC CLEAN UP RUN
7 (July 11-17)	Rest	13K easy with 8 strides	13K with 3x1 mile	Rest	11K easy	11K easy	24K	→ WE RUN FOR THE SKYWALKER
8 (July 18-24)	Rest	8K easy with 5 strides	6K easy	Rest	10K easy	8K easy	19K	→ BUBBLE RUN
9 (July 25-31)	Rest	Time Trial	Rest	8K easy	Rest	5K very easy	Milo Marathon	

Reference: MP = Marathon Pace.

Source: Burfoot, A., Yasso B., Van Allen J., Bede P. N. (2012).
The Runner's World Big Book of Marathon and Half Marathon Training