

# MARATHON TRAINING PLAN

## 8 WEEK EDITION



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Cross Training 30-45 Min	10 x 400m (5k Pace)/ 200m Jog	8 Mile Run	Rest Day	5 x 4 Min (Tempo Pace)/ 90s Rest	4 Miles	16 Miles
2	Cross Training 45 Min	6 x 800m (5k Pace)/ 200m Jog	9 Mile Run	Rest Day	4 x 5 Min (Tempo Pace)/ 90s Rest	4 Miles + 4 x 75m Strides	18 Miles
3	Cross Training 45 Min	6 x 1000m (5k Pace)/ 200m Jog	10 Mile Run	Rest Day	3 x 7 Min (Tempo Pace)/ 90s Rest	4 Miles + 4 x 75m Strides	20 Miles
4	Cross Training 45 Min	8 x 800m (5k Pace)/ 200m Jog	10 Mile Run	Rest Day	2 x 10 Min (Tempo Pace)/ 90s Rest	5 Miles + 4 x 75m Strides	15 Miles
5	Cross Training 45-60 Min	5 x 1200m (5k Pace)/ 200m Jog	10 Mile Run	Rest Day	20 Min (Tempo Pace)	5 Miles + 4 x 75m Strides	22 Miles
6	Cross Training 45-60 Min	4 x 1600m (5k Pace)/ 200m Jog	12 Mile Run	Rest Day	25 Min (Tempo Pace)	5 Miles + 4 x 75m Strides	16 Miles
7	Cross Training 45-60 Min	10 x 400m (10k Pace)/ 200m Jog	7 Mile Run	Rest Day	2 x 10 Min (Tempo Pace)/ 90s Rest	4 Miles + 4 x 75m Strides	10 Miles
8	Cross Training 30-40 Min	4 x 800m (Marathon Pace)/ 200m Jog	4 Mile Run	Rest Day	20 Min + 4 x 75m Strides	<b>Marathon!</b>	

- **MONDAY Cross Training:** Non-running aerobic workout. Examples include cycling, swimming, rowing, elliptical, aqua jogging, and hiking.
- **TUESDAY Speed Workouts:** Run intervals at the indicated pace for each individual workout.
- **WEDNESDAY Distance Runs:**
- **THURSDAY Rest Days:** No structured exercise. Focus on rest and recovery (stretching, foam rolling, taking it easy).
- **FRIDAY Threshold Runs:** During the Threshold or Tempo intervals, run at a pace you can sustain all out for one hour.
- **SATURDAY Easy Runs:** Run at a conversational pace to aid recovery from harder workouts.
- **SUNDAY Long Runs:** Long endurance workouts at an easy pace to improve physical and mental stamina.
- **Strides:** Accelerate over the duration of the stride, reaching max speed at the end of each one.
- **Warm-Ups and Cool-Downs:** For Speed Workouts and Threshold Runs, make sure you warm up and cool down with a 1-mile jog to keep yourself in tip-top condition and reduce the risk of injury.
- **Strength Training:** In addition to the training plan as written, it's also a good idea to strength train twice a week.
- **Shake Out Run:** The final day of the Training Plan before your Marathon. Very relaxed run to loosen up.

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# Marathon Training Guide

**Liyong Dong**



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