

Marathon Training Schedule - 17 weeks



Miles	My race date:
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Date	Week	Mon	Tue	Wed	Thru	Fri	Sat	Sun
	1	Rest	3 mile run	3 mile run	3 mile run	Rest	6 mile run	Crosstrain
	2	Rest	3 mile run	3 mile run	3 mile run	Rest	5-6 mile run	Crosstrain
	3	Rest	3 mile run	4 mile run	3 mile run	Rest	8 mile run	Crosstrain
	4	Rest	3 mile run	4 mile run	3 mile run	Rest	7 mile run	Crosstrain
	5	Rest	3 mile run	5 mile run	3 mile run	Rest	10 mile run	Crosstrain
	6	Rest	3 mile run	5 mile run	3 mile run	Rest	9 mile run	Crosstrain
	7	Rest	3 mile run	6 mile run	3 mile run	Rest	12 mile run	Crosstrain
	8	Rest	3 mile run	6 mile run	3 mile run	Rest	11 mile run	Crosstrain
	9	Rest	3 mile run	7 mile run	4 mile run	Rest	14 mile run	Crosstrain
	10	Rest	3 mile run	7 mile run	4 mile run	Rest	13 mile run	Crosstrain
	11	Rest	4 mile run	8 mile run	4 mile run	Rest	16 mile run	Crosstrain
	12	Rest	4 mile run	8 mile run	5 mile run	Rest	15 mile run	Crosstrain
	13	Rest	4 mile run	9 mile run	5 mile run	Rest	18 mile run	Crosstrain
	14	Rest	5 mile run	9 mile run	5 mile run	Rest	17 mile run	Crosstrain
	15	Rest	5 mile run	10 mile run	4 mile run	Rest	20 mile run	Crosstrain
	16	Rest	4 mile run	6 mile run	3 mile run	Rest	10 mile run	Crosstrain
	17	Rest	3 mile run	4 mile run	2 mile run	Rest	Rest	Marathon

* Enter your race week here and then go back 17 weeks to get a training start date