



## FULL MARATHON TRAINING SCHEDULE

The **ULTIMATE** Marathon schedule. Follow this and you'll be cruisin' across the planet and dominating 26.2! Feel free to make minor modifications to fit your home and work schedule! If you would like to be included in a weekly e-mail with tips, tricks and MARTIAN motivation and you did not already opt in on the registration page, e-mail [anna@rfevents.com](mailto:anna@rfevents.com).

\*The "Get your butt in gear" weeks.\*

Week Of	MON	TUE	WED	THU	FRI	SAT	SUN
*Base Building* November 20		3		3		4	2
November 27		4		4		5	3
December 4		4	3	3		6	3
December 11		5	3	4		7	3
December 18		5	3	5		8	3
December 25		4	3	4		6	3
January 1		6	3	5		9	3
January 8		6	4	6		9	3
January 15		7	4	6		10	3
January 22		7	4	7		8	3
January 29		7	5	6		12	3
February 5		8	5	7		10	3
February 12		7	5	8		13	3
February 19		9	5	8		15	3
February 26		10	5	8		15	3
March 5		9	5	10		18	3
March 12		9	7	9		16	3
March 19		6	4	8		20	3
March 26		6	4	6		14	3
April 2		7	3	6		8	3
RACE WEEK!		4	5	3		26.2!	

All days are shown in miles. Don't worry about how fast you run or walk! Just be sure to cover the distance. Rest days are as important as training days, give your muscles time to recover and return the next day even stronger!

**SEE YOU AT THE INVASION!**