



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!

Week Of	MON	TUE	WED	THU	FRI	SAT	SUN
January 15						6	
January 22		3	4	3		7	
January 29		3	5	3		8	
February 5		3	5	4		9	
February 12		3	6	4		10	
February 19		3	6	5		12	
February 26		4	6	5		14	
March 5		4	7	5		16	
March 12		4	7	6		18	
March 19		4	8	7		20	
March 26		3	9	5		12	
April 2		3	8	5		8	
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!