

16 Week Marathon Plan

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	4 - 5 Miles Easy	Club speed work	6 Miles Easy	5 Mile Hills Easy	Rest	Rest	10 Miles
2	4 - 5 Miles Easy	Club speed work	6 Miles Easy	6 Miles Fartlek	Rest	Rest	13 Miles
3	4 - 5 Miles Easy	Club speed work	Rest	5 Miles Hard	Rest	Rest	14 Miles
4	4 - 5 Miles Easy	Club speed work	7 Miles Easy	6 Miles Easy	Rest	Rest	12 Miles
5	4 - 5 Miles Easy	Club speed work	8 Miles Easy	2 Easy 2 Hard 2 Easy	Rest	Rest	10 Miles
6	4 - 5 Miles Easy	Club speed work	6 Miles Easy	20 mins out, back faster	Rest	Rest	15 Miles
7	4 - 5 Miles Easy	Club speed work	Rest	45 mins Hills	Rest	Rest	16 Miles
8	4 - 5 Miles Easy	Club speed work	8 Miles Easy	Rest	Rest	Rest	17 Miles
9	4 - 5 Miles Easy	Club speed work	10 Miles Easy	7 Miles Easy	Rest	Rest	18 Miles
10	4 - 5 Miles Easy	Club speed work	9 Miles Easy	6 Miles - 1 Easy 1 Eard	Rest	Rest	20 Miles
11	4 - 5 Miles Easy	Club speed work	13 Miles Easy	4 Miles Tempo	Rest	Rest	12 Miles
12	4 - 5 Miles Easy	Club speed work	10 Miles Easy	5 Miles Fartlek	Rest	Rest	22 Miles
13	4 - 5 Miles Easy	Club speed work	Rest	1 Easy 3 Hard 1 Easy	Rest	Rest	17 Miles
14	4 - 5 Miles Easy	Club speed work	6 Miles Easy	20 mins out, back faster	Rest	Rest	12 Miles
15	4 - 5 Miles Easy	Club speed work	6 Miles Easy	Rest	Rest	Rest	10 Miles
16	4 - 5 Miles Easy	Club speed work	3 Miles Easy	5 Miles V/lite	Rest	Rest	Race

Days can be moved about to suit but rest days are important.

Mileages can be tweaked to fit into race schedules.