

Couch to Marathon 12 week

Training Plan

Week 1

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Rest	3 miles easy	30-60 minute cross-train	1 mile warmup, 3 mile tempo, 1 mile cooldown	Rest	6 miles easy	3 miles easy

Week 2

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Rest	1 mile warmup, 6 x 2 min intervals (2 min rest), 1 mile cooldown	4 miles easy	30-60 minute cross-train	Rest	8 miles easy	3 miles easy, 6 x 100 meters strides

Week 3

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Rest	1 mile warmup, 4 mile tempo, 1 mile cooldown	4 miles easy	4 miles easy, 6 x :30 second uphill sprints	30-60 min cross-train	10 miles easy	3 miles easy

Week 4

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Rest	1 mile warmup, 12 x 1 min intervals (1 min rest), 1 mile cooldown	Rest	3 miles easy, 6 x 100 meter strides	Rest	6 miles easy	Rest

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Week 5

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Rest	1 mile warmup, 6 x 3 min intervals (2 min rest), 1 mile cooldown	3 miles easy	30-60 minute cross-train	Rest	10 miles easy	4 miles easy

Week 6

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Rest	1 mile warmup, 4 mile tempo, 1 mile cooldown	4 miles easy	30-60 minute cross-train	3 miles easy, 6 x 100 meter strides	13 miles easy	3 miles easy

Week 7

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Rest	1 mile warmup, 3 x 6 min intervals (3 min rest), 1 mile cooldown	Rest	30-60 min cross-train	3 miles easy, 6 x :30 min uphill sprints	8 miles easy	4 miles easy

Week 8

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Rest	2 miles warmup, 4 mile tempo, 1 mile cooldown	30-60 min cross-train	5 miles easy, 6 x 100 meter strides	4 miles easy	16 miles easy	3 miles easy

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Week 9

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	1 mile warmup, 5 x 4 min intervals (3 min rest), 1 mile cooldown	30-60 minute cross-train	4 miles, 6 x :30 hill sprints	4 miles easy	20 miles easy	3 miles easy

Week 10

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	1 mile warmup, 5 mile tempo, 1 mile cooldown	30-60 minute cross-train	4 miles, 6 x 100 meter strides	Rest	12 miles easy	4 miles easy

Week 11

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	2 mile warmup, 15 x 1 min intervals (1 min rest), 1 mile cooldown	Rest	5 miles easy, 6 x :30 uphill sprints	Rest	8 miles easy	3 miles easy

Week 12

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	4 miles easy, 6 x 100 meter strides	Rest	2 miles easy	Rest	MARATHON DAY!	Rest & Reflect