

# Couch to Marathon 6 Month

## Training Plan

### Week 1 - 5

*Two 20-40 min walk/run sessions and one 30-60 min cross-train per week.*

### Week 6 - 10

*One 20-40 min walk/run session, one 20-30 minute easy run and one 30-60 cross-train per week.*

### Week 11

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
<i>Rest</i>	<i>2 miles easy</i>	<i>30-60 minutes cross-train</i>	<i>2 miles easy</i>	<i>Rest</i>	<i>3 miles easy</i>	<i>Rest</i>

### Week 12

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
<i>Rest</i>	<i>2 miles easy</i>	<i>30-60 minutes cross-train</i>	<i>3 miles easy</i>	<i>Rest</i>	<i>4 miles easy</i>	<i>Rest</i>

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### Week 13

<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 minutes cross-train	3 miles easy	Rest	5 miles easy	Rest

### Week 14

<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, 4 x 100 meter strides	30-60 minutes cross-train	3 miles easy	Rest	6 miles easy	Rest

### Week 15

<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	Rest	30-60 minutes cross-train	Rest	3 miles easy	Rest

### Week 16

<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, 2 mile tempo, 1 mile cooldown	30-60 minutes cross-train	Rest	3 miles easy, 6 x 100 meter strides	6 miles easy	Rest

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### Week 17

<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, 5 x 2 min intervals (2 min rest), 1 mile cooldown	30-60 min cross-train	Rest	3 miles easy, 6 x :30 min uphill sprints	7 miles easy	3 miles easy

### Week 18

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

### Week 19

<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 x 3 min intervals (2 min rest), 1 mile cooldown	30-60 min cross-train	3 miles, 6 x :30 hill sprints	Rest	10 miles easy	3 miles easy

### Week 20

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Rest	4 miles easy	30-60 min cross-train	4 miles, 6 x 100 meter strides	Rest	Half-marathon race or simulation!	Rest

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Week 21						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	4 miles easy	Rest	3 miles easy	Rest	5 miles easy	Rest

  

Week 22						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	2 miles warmup, 3 miles tempo, 1 mile cooldown	4 miles easy, 6 x :30 hill sprints	30-60 minute cross-train	Rest	16 miles easy	4 miles easy

  

Week 23						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	1 mile warmup, 8 x 2 min intervals (2 min rest), 1 mile cooldown	30-60 min cross-train	4 miles easy, 6 x 100 meter strides	Rest	20 miles easy	3 miles easy

  

Week 24						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	4 miles easy	30-60 min cross-train	4 miles, 6 x 100 meter strides	Rest	Half-marathon race or simulation!	Rest

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### Week 25

<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	30-60 minute cross-train	4 miles, 6 x 100 meter strides	Rest	8 miles easy	Rest

### Week 26

<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, 6 x 100 meter strides	Rest	2 miles easy	Rest	MARATHON DAY!	Rest & Reflect