

Couch to Marathon 1 Year

Training Plan

Week 1 - 5

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

Week 6 - 10

Two 20-40 min walk/run sessions 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	2 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 minute cross-train	3 miles easy	Rest	5 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	2 miles easy	Rest	30-60 min 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 min cross-train	Rest	3 miles easy, 4 x 100 meter strides	5 miles easy	Rest

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Week 17						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	1 mile warmup, 5 x 2 min intervals (2 min rest), 1 mile cooldown	30-60 minute cross-train	Rest	3 miles easy, 6 x :30 min uphill sprints	6 miles easy	Rest
Week 18						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	1 miles warmup, 2 mile tempo, 1 mile cooldown	30-60 minute cross-train	3 miles easy, 6 x 100 meter strides	Rest	7 miles easy	3 miles easy
Week 19						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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	8 miles easy	3 miles easy
Week 20						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	2 miles easy	Rest	30-60 min cross-train	Rest	3 miles easy	Rest

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Week 21

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

Week 22

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	1 mile warmup, 8 x 2 min intervals (2 min rest), 1 mile cooldown	30-60 minute cross-train	3 miles, 6 x :30 hill sprints	Rest	9 miles easy	3 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	10 miles easy	3 miles easy

Week 24

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	1 miles warmup, 3 miles tempo, 1 mile cooldown	30-60 min cross-train	3 miles, 6 x :30 hill sprints	Rest	7 miles easy	3 miles easy

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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	2 mile warmup, 16 x 1 min intervals (1 min rest), 1 mile cooldown	30-60 minute cross-train	4 miles, 6 x 100 meter strides	Rest	5 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	4 miles easy, 6 x 100 meter strides	Rest	2 mile easy	Rest	HALF MARATHON DAY!	Rest & Reflect

Week 27 - 31

Two weeks complete rest then two 20-40 min easy runs and one 30-60 min cross-train per week.

Week 32 - 36

Three 20-40 minute easy runs and one 30-60 cross-train per week.

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Week 37

<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	3 miles easy	Rest	5 miles easy	Rest

Week 38

<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	4 miles easy	Rest	6 miles easy	Rest

Week 39

<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	3 miles easy	Rest	7 miles easy	Rest

Week 40

<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 min cross-train	3 miles easy	Rest	8 miles easy	Rest

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Week 41

<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 minute cross-train	Rest	3 miles easy	Rest

Week 42

<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 minute cross-train	Rest	3 miles easy, 6 x 100 meter strides	8 miles easy	Rest

Week 43

<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	30-60 min cross-train	3 miles easy, 6 x :30 min uphill sprints	Rest	10 miles easy	3 miles easy

Week 44

<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	12 miles easy	3 miles easy

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Week 45

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	2 mile warmup, 4 x 3 min intervals (2 min rest), 1 mile cooldown	30-60 minute cross-train	3 miles, 6 x :30 hill sprints	Rest	14 miles easy	3 miles easy

Week 46

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	4 miles easy	30-60 minute cross-train	Rest	4 miles easy	Rest	3 miles easy

Week 47

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	2 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	16 miles easy	3 miles easy

Week 48

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 min cross-train	Rest	18 miles easy	4 miles easy

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Week 49

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

Week 50

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	2 miles warmup, 2 miles tempo, 1 mile cooldown	30-60 minute cross-train	3 miles, 6 x :30 hill sprints	Rest	14 miles easy	3 miles easy

Week 51

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

Week 52

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	3 miles easy, 6 x 100 meter strides	Rest	2 miles easy	Rest	MARATHON DAY!	Rest & Reflect