



FALL 2019 MARATHON TRAINING SCHEDULE

Week	Monday	Tuesday	Wednesday (Beg. / Int.)	Thursday	Friday	Saturday	Sunday	Total Mileage
7/22	6 miles	Rest / XT	5 mi / 8 mi	5 miles	Rest / XT	10 miles	Rest	26 mi / 29 mi
7/29	5 miles	Rest / XT	5 mi / 8 mi	5 miles	Rest / XT	12 miles	Rest	27 mi / 30 mi
8/5	5 miles	Rest / XT	5 mi / 8 mi	4 miles	Rest / XT	14 miles	Rest	28 mi / 31 mi
8/12	6 miles	Rest / XT	6 mi / 8 mi	5 miles	Rest / XT	10 miles	Rest	27 mi / 29 mi
8/19	5 miles	Rest / XT	6 mi / 8 mi	5 miles	Rest / XT	16 miles	Rest	32 mi / 34 mi
8/26	5 miles	Rest / XT	7 mi / 8 mi	4 miles	Rest / XT	18 miles	Rest	34 mi / 35 mi
9/2	4 miles	Rest / XT	6 mi / 8 mi	4 miles	Rest / XT	20 miles	Rest	34 mi / 36 mi
9/9	6 miles	Rest / XT	6 mi / 10 mi	6 miles	Rest / XT	10 miles	Rest	28 mi / 32 mi
9/16	5 miles	Rest / XT	7 mi / 10 mi	4 miles	Rest / XT	16 miles	Rest	32 mi / 35 mi
9/23	5 miles	Rest / XT	8 mi / 10 mi	4 miles	Rest / XT	20 miles	Rest	37 mi / 39 mi
9/30	6 miles	Rest / XT	7 mi / 8 mi	5 miles	Rest / XT	10 miles	Rest	28 mi / 19 mi
10/7	5 miles	Rest / XT	7 mi / 10 mi	4 miles	Rest / XT	16 miles	Rest	32 mi / 35 mi
10/14	5 miles	Rest / XT	5 mi / 8 mi	5 miles	Rest / XT	20 miles	Rest	35 mi / 38 mi
10/21	4 miles	Rest / XT	8 mi / 10 mi	5 miles	Rest / XT	12 miles	Rest	29 mi / 31 mi
10/28	5 miles	Rest / XT	5 mi / 8 mi	4 miles	Rest / XT	8 miles	Rest	22 mi / 25 mi
11/4	3 miles	Rest / XT	5 mi / 6 mi	3 miles	Rest / XT	26.2 miles	Rest	37 mi / 38 mi

Suggested Beginner Approach

Mondays – run at an easy pace
 Wednesday – run at race tempo pace
 Thursday – run at an easy pace, can add speed work after week 9
 Saturday – run at a pace at least one-two minutes a mile slower than your intended race pace

Suggested Intermediate Approach

Mondays – run at easy pace
 Wednesday – run at race tempo pace
 Thursday – speed work
 Saturday – run at a pace at least one-two minutes a mile slower than your intended race pace, with 4 miles at race pace

Prior to the week of July 22nd you should build up your running to the point where you feel comfortable running a 10 mile long run. You should also be comfortable running a total of four days a week. For more information on the marathon-training program please visit www.BattlefieldMarathon.com