



# FALL 2018 MARATHON TRAINING SCHEDULE

Week	Monday	Tuesday	Wednesday (Beg. / Int.)	Thursday	Friday	Saturday	Sunday	Total Mileage
7/23	6 miles	Rest / XT	5 mi / 8 mi	5 miles	Rest / XT	10 miles	Rest	26 mi / 29 mi
7/30	5 miles	Rest / XT	5 mi / 8 mi	5 miles	Rest / XT	12 miles	Rest	27 mi / 30 mi
8/6	5 miles	Rest / XT	5 mi / 8 mi	4 miles	Rest / XT	14 miles	Rest	28 mi / 31 mi
8/13	6 miles	Rest / XT	6 mi / 8 mi	5 miles	Rest / XT	10 miles	Rest	27 mi / 29 mi
8/20	5 miles	Rest / XT	6 mi / 8 mi	5 miles	Rest / XT	16 miles	Rest	32 mi / 34 mi
8/27	5 miles	Rest / XT	7 mi / 8 mi	4 miles	Rest / XT	18 miles	Rest	34 mi / 35 mi
9/3	4 miles	Rest / XT	6 mi / 8 mi	4 miles	Rest / XT	20 miles	Rest	34 mi / 36 mi
9/10	6 miles	Rest / XT	6 mi / 10 mi	6 miles	Rest / XT	10 miles	Rest	28 mi / 32 mi
9/17	5 miles	Rest / XT	7 mi / 10 mi	4 miles	Rest / XT	16 miles	Rest	32 mi / 35 mi
9/24	5 miles	Rest / XT	8 mi / 10 mi	4 miles	Rest / XT	20 miles	Rest	37 mi / 39 mi
10/1	6 miles	Rest / XT	7 mi / 8 mi	5 miles	Rest / XT	10 miles	Rest	28 mi / 19 mi
10/8	5 miles	Rest / XT	7 mi / 10 mi	4 miles	Rest / XT	16 miles	Rest	32 mi / 35 mi
10/15	5 miles	Rest / XT	5 mi / 8 mi	5 miles	Rest / XT	20 miles	Rest	35 mi / 38 mi
10/22	4 miles	Rest / XT	8 mi / 10 mi	5 miles	Rest / XT	12 miles	Rest	29 mi / 31 mi
10/29	5 miles	Rest / XT	5 mi / 8 mi	4 miles	Rest / XT	8 miles	Rest	22 mi / 25 mi
11/5	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 23rd** 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](http://www.BattlefieldMarathon.com)