

## Marathon Training Plan 2025

Marathon Training Plan	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b>	4 mile easy run 10-10:30 pace per mile	1.5 mile warm up & cool down 6-8 400 meter intervals about 1:45- 2 min per interval Rest 1 min in between each 400. Rest 2 min 30 sec after warm up and last 400.	5 mile tempo run Between 9:15-9:30 per mile	Recovery 30 min jog	Cross training or hour walk	Long run! 8 miles Goal 9:45 pace	REST!!!
<b>Week 2</b>	5 mile easy run 10-10:15 pace per mile	2 mile warm up & cool down 4 800s 3:45-4 min per 800 & 4 400s 1:40-1:50 per 400 Rest 1 min 40 seconds in	6 mile tempo run 8:50-9:10 per mile	40 min recovery jog	Cross training- stairs or cycling or light strength training	Long run! 9 miles	REST!!!

		between each 800. Rest 1 minute 15 seconds after each 400. Rest 3 min after warm up and last 400.					
<b>Week 3</b>	6 mile easy run 9:45 pace	2 mile warm up & cool down 3x1 mile repeats mile repeats 8 min-8:15 pace Rest 3 min after warm up & last mile repeat Rest 2 min 30 seconds after each mile repeat	8 mile tempo run First 3 miles 9:30 pace Middle two miles 8:30 pace Last three miles 9:30 pace	45 min recovery jog	Strength training and mobility stretches	Long run! 10 miles	REST!!
<b>Week 4</b>	7 mile easy run 9:45 pace	1.5 mile warm up 4x1 mile repeats at 8:15-8:30	6 mile tempo run First 1.5 miles 9:30 pace Middle	40 min recovery jog	Cross training bike 30 minutes with light strength	Long run! 11 miles	REST!!!

		pace Rest 2 min 30 seconds after each mile repeat	three miles 8:45 pace Last 1.5 miles 9:30 pace		training or an hour walk		
<b>Week 5</b>	8 mile easy run 10 minute pace	2 mile warm up & cool down 2x2 mile repeats 8:15 pace per mile Rest 3 minutes after warm up and after each interval	Tempo run 9 miles First 3 miles 9:45 pace Middle three miles 9 min pace Last three miles 9:45 pace	Recovery 50 minute jog	Hour recovery walk	Long run! 12 miles (make this run similar to how you would prepare for the race)	REST!!!
<b>Week 6</b>	9 mile easy run 10 min pace	1.5 mile warm up & cool down 6x400 at 1:35-1:40 Rest 2 minutes 30 seconds after warm up and last 400 Rest 1 minute 15 seconds in between	Tempo run 8 miles 2 miles at 9:45 pace Middle three miles at 8:40 pace Last two miles at 9:30 pace	Recovery 40 minute jog	Strength training day- keep it light because getting into longer runs	Long run! 13 miles Going to require lots of smart nutrition & hydration before during & after	REST!!!

		each 400.					
<b>Week 7</b>	10 mile run easy	1.5 mile warm up & cool down 1 mile 7:40 pace .75 mile 5 min or faster 800 under 3:45 400 1:40-145 200 45 seconds	Tempo run First 3 miles 9:30 pace Middle two miles at 8:15 pace Last three miles at 9:30 pace	Recovery 45 minute jog	Strength training day- keep it light because getting into longer runs	Long run! 14 miles Going to require lots of smart nutrition & hydration before during & after	REST!!!
<b>Week 8</b>	7 mile run easy 9:45-10 min pace	1.5 miles warm up & cool down 2x2 mile repeats at 8:15 pace per mile Rest 2 min 30 seconds after warm up Rest 4 min after each repeat	Cross training day Either try to do a stair stepper/ incline walking day Or a circuit style workout- F45 is my fav or cycle class	50 min recovery run- no set pace just whatever feels good	Light strength training day- focus on mobility exercises Hydrate lot today and fuel with nutrition & easily digestible carbs	15 mile run try to keep the pace around 9:30-9:50 cause that is goal marathon pace for 4:30 time Test out which gels, energy chews, & pre run snack work best for you	REST!!!- foam roll, stretch, & hydrate plenty today
<b>Week 9</b>	8 mile easy run no set	6 mile run First 1.5	Weight training or active	45 min recovery run 10	Cross training day-	16 mile run 9:45 pace	REST!!!- foam roll, stretch, &

	pace	and last 1.5 mile 10 min pace Middle three miles 9 min pace	recovery day- focus on what feels best	min pace	cycle or circuit training	Prepare to fuel with energy chews and gels during run & have simple pre-run snack	hydrate plenty today
<b>Week 10</b>	6 mile easy run 9:45 pace	2 mile warm up & cool down Repeat 400s x 12 1:50-2 min pace Rest 3 minutes after warm up Rest 1 minute 15 seconds after each 400.	8 mile run first and last 2 miles 10 min pace Middle three miles 9:00-9:15 pace	Recovery run 45 min jog	Light weights or hour walk	17 mile run try to keep about 9:45-10 minute pace Prepare to fuel with energy chews and gels during run & have simple pre-run snack	REST!!!- foam roll, stretch, & hydrate plenty today
<b>Week 11</b>	8 mile 10 min pace run	6 mile 9 min pace run	7 mile run 9:30 first & last two miles 9:15 middle 3 miles	Recovery 40 min jog	Cross train 45 min	18 mile run 9:30 pace Prepare to fuel with energy chews and gels	REST!!!- foam roll, stretch, & hydrate plenty today

						during run & have simple pre-run snack	
<b>Week 12</b>	5 mile run 9:30 pace	4 mile 9 min pace run	45 min 10 min pace jog	2-3 mile walk	Shakeout today or tomorrow w 3 mile jog	20 mile run 9:30 pace Prepare to fuel with energy chews and gels during run & have simple pre-run snack	REST!!!- foam roll, stretch, & hydrate plenty today

<b>Week 13</b>	9 mile run 9:30 pace	6 mile run First & last two miles 9:45 pace middle two miles 9:15 min pace	45 min 10 min pace jog	2-3 mile walk or rest if body needs it	21-22 mile run 9:30 pace Prepare to fuel with energy chews and gels during run & have simple pre-run snack	REST!!!- foam roll, stretch, & hydrate plenty today
<b>Week 14</b>	5 mile run 9:45 pace	8 mile run 9:30 min	45 min 10 min pace	Cross Training of	No long run this	

		pace	jog	some sort	weekend! Get some active recovery in i.e. pilates, biking or yoga if possible	
<b>Week 15</b> <b>STRETCH A LOT THIS WEEK</b>	4 mile run 9:30 pace	3 mile run 9:45 pace	30 minute recovery walk HYDRATE & FUEL WELL !!	2 mile shakeout run HYDRATE & FUEL WELL!!	RACE DAY!! This is the reward for all the hard work. Go crush and believe in yourself and training!	