# PRECISION PACE
## Marathon Training Plan

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| **WEEK 1** | 3 mi. run (Easy pace - hills) | Strength Training or Cross-training (30+ min.) | 3 mi. run (Race Pace) | Speed work or Rest Day | Strength Training or Cross-training (30+ min.) | 6 mi. run (Easy pace) | Rest Day |
| **WEEK 2** | 3 mi. run (Easy pace - hills) | Strength Training or Cross-training (30+ min.) | 3 mi. run (Race Pace) | Speed work or Rest Day | Strength Training or Cross-training (30+ min.) | 7 mi. run (Easy pace) | Rest Day |
| **WEEK 3** | 3 mi. run (Easy pace - hills) | Strength Training or Cross-training (30+ min.) | 4 mi. run (Race Pace) | Speed work or Rest Day | Strength Training or Cross-training (30+ min.) | 6 mi. run (Easy pace) | Rest Day |
| **WEEK 4** | 3 mi. run (Easy pace - hills) | Strength Training or Cross-training (30+ min.) | 4 mi. run (Race Pace) | Speed work or Rest Day | Strength Training or Cross-training (30+ min.) | 8 mi. run (Easy pace) | Rest Day |

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|---|---|---|---|---|---|---|---|
| **WEEK 5** | 3 mi. run (Easy pace - hills) | Strength Training or Cross-training (30+ min.) | 5 mi. run (Race Pace) | Speed work or Rest Day | Strength Training or Cross-training (30+ min.) | 9 mi. run (Easy pace) | Rest Day |
| **WEEK 6** | 3 mi. run (Easy pace - hills) | Strength Training or Cross-training (30+ min.) | 5 mi. run (Race Pace) | Speed work or Rest Day | Strength Training or Cross-training (30+ min.) | 10 mi. run (Easy pace) | Rest Day |
| **WEEK 7** | 3 mi. run (Easy pace - hills) | Strength Training or Cross-training (30+ min.) | 5 mi. run (Race Pace) | Speed work or Rest Day | Strength Training or Cross-training (30+ min.) | 8 mi. run (Easy pace) | Rest Day |
| **WEEK 8** | 3 mi. run (Easy pace - hills) | Strength Training or Cross-training (30+ min.) | 5 mi. run (Race Pace) | Speed work or Rest Day | Strength Training or Cross-training (30+ min.) | 10 mi. run (Easy pace) | Rest Day |

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| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| **WEEK 9** | 4 mi. run (Easy pace - hills) | Strength Training or Cross-training (30+ min.) | 6 mi. run (Race Pace) | Speed work or Rest Day | Strength Training or Cross-training (30+ min.) | 11 mi. run (Easy pace) | Rest Day |
| **WEEK 10** | 4 mi. run (Easy pace - hills) | Strength Training or Cross-training (30+ min.) | 6 mi. run (Race Pace) | Speed work or Rest Day | Strength Training or Cross-training (30+ min.) | 12 mi. run (Easy pace) | Rest Day |
| **WEEK 11** | 4 mi. run (Easy pace - hills) | Strength Training or Cross-training (30+ min.) | 6 mi. run (Race Pace) | Speed work or Rest Day | Strength Training or Cross-training (30+ min.) | 10 mi. run (Easy pace) | Rest Day |
| **WEEK 12** | 4 mi. run (Easy pace - hills) | Strength Training or Cross-training (30+ min.) | 6 mi. run (Race Pace) | Speed work or Rest Day | Strength Training or Cross-training (30+ min.) | 13 mi. run (Easy pace) | Rest Day |

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|---|---|---|---|---|---|---|---|
| **WEEK 13** | 4 mi. run (Easy pace - hills) | Strength Training or Cross-training (30+ min.) | 7 mi. run (Race Pace) | Speed work or Rest Day | Strength Training or Cross-training (30+ min.) | 12 mi. run (Easy pace) | Rest Day |
| **WEEK 14** | 4 mi. run (Easy pace - hills) | Strength Training or Cross-training (30+ min.) | 7 mi. run (Race Pace) | Speed work or Rest Day | Strength Training or Cross-training (30+ min.) | 16 mi. run (Easy pace) | Rest Day |
| **WEEK 15** | 5 mi. run (Easy pace - hills) | Strength Training or Cross-training (30+ min.) | 8 mi. run (Race Pace) | Speed work or Rest Day | Strength Training or Cross-training (30+ min.) | 18 mi. run (Easy pace) | Rest Day |
| **WEEK 16** | 5 mi. run (Easy pace - hills) | Strength Training or Cross-training (30+ min.) | 8 mi. run (Race Pace) | Speed work or Rest Day | Strength Training or Cross-training (30+ min.) | 15 mi. run (Easy pace) | Rest Day |

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| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| **WEEK 17** | 5 mi. run (Easy pace - hills) | Strength Training or Cross-training (30+ min.) | 8 mi. run (Race Pace) | Speed work or Rest Day | Strength Training or Cross-training (30+ min.) | 20 mi. run (Easy pace) | Rest Day |
| **WEEK 18** | 5 mi. run (Easy pace - hills) | Strength Training or Cross-training (30+ min.) | 6 mi. run (Race Pace) | Speed work or Rest Day | Strength Training or Cross-training (30+ min.) | 12 mi. run (Easy pace) | Rest Day |
| **WEEK 19** | 4 mi. run (Easy pace - hills) | Strength Training or Cross-training (30+ min.) | 4 mi. run (Race Pace) | Speed work or Rest Day | Strength Training or Cross-training (30+ min.) | 6 mi. run (Easy pace) | Rest Day |
| **WEEK 20** | 3 mi. run (Easy pace - hills) | Rest Day | 3 mi. run (Easy pace) | 2 mi. run (Easy pace) | Rest Day | Rest Day | MARATHON! GOOD LUCK! |