

5:00:00 Marathon Training Plan

Race Distance:	26.2
Goal Time:	5:00:00
26.2 Race Pace	0:11:27
Max Weekly Mileage:	33
Easy, Recovery, Warm-up, Cool-down Pace:	0:12:05 - 0:14:50

Week	Day of Week	Workout	Miles	Interval Length	Interval Pace	Inverval Sets	Tempo Pace	Tempo Length, Time
1	Sunday	Easy Run/Rest	0					
1	Monday	Easy Run	3					
1	Tuesday	Intervals	3.5	0:01:00	0:07:35	3		
1	Wednesday	Rest	0					
1	Thursday	Easy Run	3					
1	Friday	Easy Run	3					
1	Saturday	Long Run A	12					
Week 1								
	Total		24.5					
2	Sunday	Easy Run/Rest	0					
2	Monday	Easy Run	3					
2	Tuesday	Tempo	3				0:10:50	0:20:00
2	Wednesday	Rest	0					
2	Thursday	Easy Run	3					
2	Friday	Easy Run	3					
2	Saturday	Long Run A	14					
Week 2								
	Total		26					
3	Sunday	Easy Run/Rest	0					
3	Monday	Easy Run	2					
3	Tuesday	Intervals	4 1 Mile		0:10:30	1		
3	Wednesday	Rest	0					
3	Thursday	Easy Run	2					
3	Friday	Easy Run	2					
3	Saturday	Long Run A	13					
Week 3								
	Total		23					
4	Sunday	Easy Run/Rest	0					
4	Monday	Easy Run	3					
4	Tuesday	Tempo	3				0:10:50	0:20:00
4	Wednesday	Rest	0					

4 Thursday	Easy Run	3			
4 Friday	Easy Run	3			
4 Saturday	Long Run A	15			
Week 4					
Total		27			
5 Sunday	Easy Run/Rest	0			
5 Monday	Easy Run	3			
5 Tuesday	Intervals	4	0:02:00	0:08:45	4
5 Wednesday	Rest	0			
5 Thursday	Easy Run	3			
5 Friday	Easy Run	3			
5 Saturday	Long Run A	16			
Week 5					
Total		29			
6 Sunday	Easy Run/Rest	0			
6 Monday	Easy Run	2			
6 Tuesday	Tempo	4		0:11:05	0:30:00
6 Wednesday	Rest	0			
6 Thursday	Easy Run	2			
6 Friday	Easy Run	2			
6 Saturday	Long Run A	17			
Week 6					
Total		27			
7 Sunday	Easy Run/Rest	0			
7 Monday	Easy Run	2			
7 Tuesday	Intervals	6	2 Mile	0:10:50	1
7 Wednesday	Rest	0			
7 Thursday	Easy Run	2			
7 Friday	Easy Run	2			
7 Saturday	Long Run A	17			
Week 7					
Total		29			
8 Sunday	Easy Run/Rest	0			
8 Monday	Easy Run	3			
8 Tuesday	Progressive	4			
8 Wednesday	Rest	0			
8 Thursday	Easy Run	3			
8 Friday	Easy Run	3			
8 Saturday	Long Run A	18			
Week 8					
Total		31			
9 Sunday	Easy Run/Rest	0			
9 Monday	Easy Run	3			

9 Tuesday	Tempo	3			0:10:57	0:25:00
9 Wednesday	Rest	0				
9 Thursday	Easy Run	3				
9 Friday	Easy Run	3				
9 Saturday	Long Run A	17				
Week 9						
Total		29				
10 Sunday	Easy Run/Rest	0				
10 Monday	Easy Run	3				
10 Tuesday	Intervals	4	0:02:00	0:10:00	4	
10 Wednesday	Rest	0				
10 Thursday	Easy Run	3				
10 Friday	Easy Run	3				
10 Saturday	Race	13.1				
Week 10						
Total		26.1				
11 Sunday	Easy Run/Rest	0				
11 Monday	Easy Run	3				
11 Tuesday	Tempo	3			0:11:12	0:35:00
11 Wednesday	Rest	0				
11 Thursday	Easy Run	3				
11 Friday	Easy Run	3				
11 Saturday	Long Run A	19				
Week 11						
Total		31				
12 Sunday	Easy Run/Rest	0				
12 Monday	Easy Run	3				
12 Tuesday	Tempo	3			0:10:50	0:20:00
12 Wednesday	Rest	0				
12 Thursday	Easy Run	3				
12 Friday	Easy Run	3				
12 Saturday	Long Run A	20				
Week 12						
Total		32				
13 Sunday	Easy Run/Rest	0				
13 Monday	Easy Run	2				
13 Tuesday	Intervals	6	0:03:00	0:10:00	4	
13 Wednesday	Rest	0				
13 Thursday	Easy Run	2				
13 Friday	Easy Run	2				
13 Saturday	Long Run A	18				
Week 13						
Total		30				

14 Sunday	Easy Run/Rest	0		
14 Monday	Easy Run	3		
14 Tuesday	Tempo	5	0:11:20	0:40:00
14 Wednesday	Rest	0		
14 Thursday	Easy Run	3		
14 Friday	Easy Run	3		
14 Saturday	Long Run A	20		
Week 14				
Total		34		
15 Sunday	Easy Run/Rest	0		
15 Monday	Easy Run	3		
15 Tuesday	Tempo	2	0:11:09	0:15:00
15 Wednesday	Rest	0		
15 Thursday	Easy Run	3		
15 Friday	Easy Run	3		
15 Saturday	Long Run A	12		
Week 15				
Total		23		
16 Sunday	Easy Run/Rest	0		
16 Monday	Easy Run	1		
16 Tuesday	Tempo	2	0:11:09	0:15:00
16 Wednesday	Rest	0		
16 Thursday	Easy Run	1		
16 Friday	Easy Run	1		
16 Saturday	Race	26.2		
Week 16				
Total		31.2		
Grand Total		452.8		