

RunTheMoney Marathon (26.2 miles) Training Plan

WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	Rest	Walk / Cross	3 m run	3 m run	3 m run	Rest	6
2	Rest	Walk / Cross	3 m run	4 m run	3 m run	Rest	7
3	Rest	Walk / Cross	3 m run	4 m run	3 m run	Rest	8
4	Rest	Walk / Cross	3 m run	4 m run	3 m run	Rest	9
5	Rest	Walk / Cross	3 m run	5 m run	3 m run	Rest	10
6	Rest	Walk / Cross	3 m run	5 m run	3 m run	Rest	10K Race
7	Rest	Walk / Cross	3 m run	6 m run	3 m run	Rest	12
8	Rest	Walk / Cross	3 m run	6 m run	3 m run	Rest	15
9	Rest	Walk / Cross	3 m run	7 m run	4 m run	Rest	16
10	Rest	Walk / Cross	3 m run	7 m run	4 m run	Rest	Half Marathon
11	Rest	Walk / Cross	4 m run	8 m run	4 m run	Rest	18
12	Rest	Walk / Cross	4 m run	8 m run	5 m run	Rest	12
13	Rest	Walk / Cross	4 m run	9 m run	5 m run	Rest	18
14	Rest	Walk / Cross	5 m run	9 m run	5 m run	Rest	20
15	Rest	Walk / Cross	5 m run	10 m run	5 m run	Rest	15
16	Rest	Walk / Cross	5 m run	10 m run	5 m run	Rest	22
17	Rest	Walk / Cross	5 m run	9 m run	5 m run	Rest	14
18	Rest	Walk / Cross	5 m run	9 m run	4 m run	Rest	10
19	Rest	Walk / Cross	4 m run	6 m run	3 m run	Rest	8
20	Rest	Walk / Cross	3 m run	4 m run	2 m run	Rest	Marathon
Source: RunTheMoney.com							