

Marathon Training Schedule



16-Week Program for a Marathon Trail Run

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	30 min. Hills	4 miles Easy	30 min. Tempo	Active Rest	3 miles Easy	8 miles Long	Rest
WEEK 2	15 min. Speed	4 miles Easy	30 min. Tempo	Active Rest	3 miles Easy	10 miles Long	Rest
WEEK 3	35 min. Hills	4 miles Easy	35 min. Tempo	Active Rest	3 miles Easy	12 miles Long	Rest
WEEK 4	40 min. Hills	5 miles Easy	40 min. Tempo	Active Rest	4 miles Easy	6 miles Long	Rest
WEEK 5	20 min. Speed	5 miles Easy	50 min. Tempo	Active Rest	3 miles Easy	14 miles Long	Rest
WEEK 6	45 min. Hills	5 miles Easy	60 min. Tempo	Active Rest	5 miles Easy	13 miles Long	Rest
WEEK 7	20 min. Speed	6 miles Easy	50 min. Tempo	Active Rest	4 miles Easy	16 miles Long	Rest
WEEK 8	45 min. Hills	5 miles Easy	60 min. Tempo	Active Rest	3 miles Easy	17 miles Long	Rest
WEEK 9	50 min. Hills	6 miles Easy	70 min. Tempo	Active Rest	4 miles Easy	8 miles Long	Rest
WEEK 10	25 min. Speed	5 miles Easy	50 min. Tempo	Active Rest	3 miles Easy	18 miles Long	Rest
WEEK 11	40 min. Hills	7 miles Easy	85 min. Tempo	Active Rest	3 miles Easy	13 miles Long	Rest
WEEK 12	20 min. Speed	5 miles Easy	70 min. Tempo	Active Rest	3 miles Easy	20 miles Long	Rest
WEEK 13	35 min. Hills	7 miles Easy	60 min. Tempo	Active Rest	4 miles Easy	15 miles Long	Rest
WEEK 14	40 min. Hills	8 miles Easy	40 min. Tempo	Active Rest	4 miles Easy	12 miles Long	Rest
WEEK 15	30 min. Hills	10 miles Easy	20 min. Tempo	Active Rest	3 miles Easy	9 miles Long	Rest
WEEK 16	4 miles Easy	4 miles Easy	3 miles Easy	Active Rest	2 miles Easy	RACE DAY (26.2 miles)	Sleep