

## Improvers' Marathon Training Schedule

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Week 1</b>	Alternative exercise	3mile / 25min+ run	5mile / 40-50min run	3mile run	Rest	5mile race pace	10mile easy run
<b>Week 2</b>	Alternative exercise	3mile / 25min+ run	5mile / 40-50min run	3mile run	Rest	5mile run	11mile easy run
<b>Week 3</b>	Alternative exercise	3mile / 25min+ run	6mile / 50min+ run	3mile run	Rest	6mile race pace	8mile easy run
<b>Week 4</b>	Alternative exercise	3mile / 25min+ run	6mile 50min+ run	3mile run	Rest	6mile race pace	13mile run
<b>Week 5</b>	Alternative exercise	3mile / 25min+ run	7mile / 1hour run	3mile run	Rest	7mile run	14mile run
<b>Week 6</b>	Alternative exercise	4mile / 40min run	7mile / 1hour run	3mile run	Rest	7mile race pace	10mile run
<b>Week 7</b>	Alternative exercise	4mile / 40min run	8mile / 60-75 min run	4mile run	Rest	8mile race pace	16mile run
<b>Week 8</b>	Alternative exercise	4mile / 40min run	8mile / 60-75 min run	4mile run	Rest	8mile steady run	17mile run
<b>Week 9</b>	Alternative exercise	4mile / 40min run	9miles / 80-90min+ run	4mile run	Rest	Rest	Half Marathon
<b>Week 10</b>	Alternative exercise	5mile / 45min+ run	9miles / 80-90min+ run	4mile run	Rest	9-10mil race pace	19mile run
<b>Week 11</b>	Alternative exercise	5mile / 45min+ run	10miles / 90min run	5mile run	Rest	10mile run	20mile run
<b>Week 12</b>	Alternative exercise	5mile / 45min+ run	6 miles / 50-60min run	5mile run	Rest	6mile race pace	12mile run
<b>Week 13</b>	Alternative exercise	5mile / 45min+ run	10miles / 90 min run	5mile run	Rest	6mile race pace	20mile run
<b>Week 14</b>	Alternative exercise	5mile / 45min+ run	6miles / 50-60min run	5mile run	Rest	6mile run	12mile run
<b>Week 15</b>	Alternative exercise	5mile / 45min+ run	10miles / 90min+ run	5mile run	Rest	10mile race pace	20mile run
<b>Week 16</b>	Alternative exercise	5mile / 45min+ run	8 miles / 65-75min run	5mile run	Rest	4mile race pace	12mile run
<b>Week 17</b>	Alternative exercise	4mile run	6miles / 50-60min run	5mile run	Rest	4mile run	8mile run
<b>Week 18</b>	Alternative exercise	3mile run	4miles / 30-40min run	Rest	Rest	4mile run	<b>Race Day</b>