



TRAINING ACADEMY

Marathon Training Prep
(5 week plan)

| Week | Mon | Tue | Wed | Thu | Fri | Sat | Sun | Total Miles |
|-----------|--------------------|--|------|---|--------------------|---------------|-------------|------------------------------------|
| 6/19-6/25 | 35-45 min easy run | 10-15 min run easy/15 min run mod/10-15 min run easy | rest | 50 min run easy | 35 min run easy | 6 miles easy | 30 min walk | 23.5 miles run/2 miles walk= 25.5 |
| 6/26-7/2 | 40 min easy run | 15 min run easy/15 min run mod/10 run easy | rest | 50 min run easy | 35 mi run easy | 6-7 mile easy | 35 min walk | 23.5 miles run/2.5 miles walk= 26 |
| 7/3-7/9 | 45 min easy run | 15 min run easy/ 20 min run mod/ 15 min run easy | rest | 55 min run easy | 40 min easy run | 7 miles easy | 35 min walk | 26 miles run/ 2.5 miles walk= 28.5 |
| 7/10-7/16 | 45 min easy run | 15 min run easy/ 20-25 min run mod/ 15 min run easy | rest | 55 min run easy | 40-45 min easy run | 8 miles easy | 30 min walk | 28 miles run/2 miles walk=30 |
| 7/17-7/23 | 45 min easy run | 15 min run easy/ 25 min run mod/ 15 min run easy | rest | 60 min run easy Kickoff Mtg 530pm | 30 min easy run | 9 miles easy | 30 min walk | 28 miles run/ 2 mlles walk= 30 |

Notes: Purpose of this program is to progress your mileage up to 28 miles per week. Mileage calculated for 10 minutes/mile pace, but do run at your own comfortable pace!
Easy=5-6/10 (occasional conversation) , mod= 6-7/10 (can speak 3-5 words at a time)