

25 Week Marathon Training Plan

Even if you have never run a step this 25-week training program is designed to help you train for and finish a marathon. It is important for those who may be new to the sport of running to start slowly and build week by week, giving the body time to adjust. More experienced runners are free to join in when the program matches their current level of training and fitness.

The program involves 3 days of running and 2 days of cross training and is divided into 9 different periods of adaptation. The most important day of the week is the weekend long run, which starts at 3 miles and finishes at 20-22 miles. At first glance, the task may seem insurmountable but experience and research shows the body, given proper rest, has the capacity to adapt quickly.

XT stands for cross training. These activities are aerobic based activities, which include swimming, biking/spinning, aerobics, etc.

Off/stretch days are resting and/or stretching which could include yoga, pilates, etc (Do nothing that would cause excessive soreness or fatigue).

Dates	WK	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Period 1	1	OFF	run 15-30 min	walk or XT 15-30 min	run 15-30 min	walk or XT 15-30 min	off/stretch	3 miles
	2	OFF	run 20-35 min	walk or XT 20-35 min	run 20-35 min	walk or XT 20-35 min	off/stretch	4 miles
	3	OFF	run 25-40 min	walk or XT 25-40 min	run 25-40 min	walk or XT 25-40 min	off/stretch	5 miles
	4	OFF	run 15-30 min	walk or XT 15-30 min	run 15-30 min	walk or XT 15-30 min	off/stretch	3 miles

Dates	WK	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Period 2	5	OFF	run 20-35 min	walk or XT 20-35 min	run 20-35 min	walk or XT 20-35 min	off/stretch	6 miles
	6	OFF	run 25-40 min	walk or XT 25-40 min	run 25-40 min	walk or XT 25-40 min	off/stretch	7 miles
	7	OFF	run 30-45 min	walk or XT 15-30 min	run 30-45 min	walk or XT 15-30 min	off/stretch	8 miles
	8	OFF	run 20-35 min	walk or XT 20-35 min	run 20-35 min	walk or XT 20-35 min	off/stretch	4 miles

Dates	WK	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Period 3	9	OFF	run 35-50 min	walk or XT 25-40 min	run 35-50 min	walk or XT 25-40 min	off/stretch	9-10 miles
	10	OFF	run 30-45 min	walk or XT 30-45 min	run 30-45 min	walk or XT 30-45 min	off/stretch	5 miles

Dates	WK	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Period 4	11	OFF	run 40-55 min	walk or XT 35-50 min	run 40-55 min	walk or XT 35-50 min	off/stretch	11-12 miles
	12	OFF	run 30-45 min	walk or XT 35-50 min	run 30-45 min	walk or XT 35-50 min	off/stretch	6 miles

Dates	WK	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Period 5	13	OFF	run 45-60 min	walk or XT 30-45 min	run 45-60 min	walk or XT 30-45 min	off/stretch	13-14 miles
	14	OFF	run 30-45 min	walk or XT 30-45 min	run 30-45 min	walk or XT 30-45 min	off/stretch	7 miles

Dates	WK	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Period 6	15	OFF	run 45-60 min	walk or XT 30-45 min	run 45-60 min	walk or XT 30-45 min	off/stretch	8 miles
	16	OFF	run 45-60 min	walk or XT 30-45 min	run 45-60 min	walk or XT 30-45 min	off/stretch	14-16 miles
	17	OFF	run 30-45 min	walk or XT 30-45 min	run 30-45 min	walk or XT 30-45 min	off/stretch	8-10 miles

Dates	WK	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Period 7	18	OFF	run 45-60 min	walk or XT 30-45 min	run 45-60 min	walk or XT 30-45 min	off/stretch	16-18 miles
	19	OFF	run 30-45 min	walk or XT 30-45 min	run 30-45 min	walk or XT 30-45 min	off/stretch	8-10 miles

Dates	WK	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Period 8	20	OFF	run 45-60 min	walk or XT 30-45 min	run 45-60 min	walk or XT 30-45 min	off/stretch	18-20 miles
	21	OFF	run 30-45 min	walk or XT 30-45 min	run 30-45 min	walk or XT 30-45 min	off/stretch	8-10 miles

Dates	WK	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Period 9	22	OFF	run 45-60 min	walk or XT 30-45 min	run 45-60 min	walk or XT 30-45 min	off/stretch	20-22 miles
	23	OFF	run 25-40 min	walk or XT 25-40 min	run 25-40 min	walk or XT 25-40 min	off/stretch	8-10 miles
	24	OFF	run 20-35 min	walk or XT 20-35 min	run 20-35 min	walk or XT 20-35 min	off/stretch	4-5 miles
	25	OFF	run 15-30 min	walk or XT 15-30 min	run 15-30 min	off/stretch	OFF	Marathon Day

NOTES

- Training weeks can be changed to run Tues/Thurs and walk/ XT Mon/Wed if necessary. Always alternate a day of running with a day of Walk/XT.
- The walk/xt days are extremely important for consistency, injury prevention and overall aerobic fitness. If you lift weights earlier in the week is better.
- When in doubt ALWAYS choose lower end of times and mileage and remember a little walking early saves a lot of crawling later.
- Uphill and downhill training can be very important but incorporate it on days other than your long runs.