

MARATHON BASE TRAINING PLAN

WK	DATE	MON	TUE	WED	THU	FRI	SAT	SUN	PHASE
#	MONDAY	EASY	EASY	STRENGTH	HARD	REST	LONG	X- TRAIN	
1		20 min run 2 , walk 1	30 min walk	20 min run 2 , walk 1	30 min walk	20 min run 2 , walk 1	30 min run 2 , walk 1	rest	BASE TRAINING
2		25 min run 2 , walk 1	30 min walk	25 min run 2 , walk 1	30 min walk	25 min run 2 , walk 1	35 min run 2 , walk 1	rest	
3		30 min run 3 , walk 1	30 min walk	30 min run 3 , walk 1	30 min walk	30 min run 3 , walk 1	40 min run 3 , walk 1	rest	
4		35 min run 3 , walk 1	30 min walk	35 min run 3 , walk 1	30 min walk	35 min run 3 , walk 1	45 min run 3 , walk 1	rest	
5		35 min run 4 , walk 1	30 min walk	35 min run 4 , walk 1	30 min walk	35 min run 4 , walk 1	50 min run 4 , walk 1	rest	
6		40 min run 4 , walk 1	30 min walk	40 min run 4 , walk 1	30 min walk	40 min run 4 , walk 1	55 min run 4 , walk 1	rest	
7		40 min run 5 , walk 1	30 min walk	40 min run 5 , walk 1	30 min walk	40 min run 5 , walk 1	60 min run 5 , walk 1	rest	
8		45 min run 5 , walk 1	30 min walk	45 min run 5 , walk 1	30 min walk	rest	5K Test Run	rest	

MINUTES NOT MILES

30 min
run 3 minutes
walk 1 minute

BASE TRAINING

This phase is all about getting your body ready for the mileage that comes with official training. Before running for miles, focus on learning how to run and getting in shape. Follow the run walk ratios listed.

If it feels like you're not running enough, don't worry! There is plenty of time in training and plenty of miles ahead. Just stick to the plan and you will be golden. Remember to get fitted for proper running shoes at your local running store during this phase!