

20 WEEK BEGINNER MARATHON TRAINING PLAN

MARATHON HANDBOOK

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest Day	Pace Run 2.5 miles	Training Run 3 miles	Rest Day	Training Run 3 miles	Strength Training	7 mile long run
2	Rest Day	Pace Run 2.5 miles	Training Run 3 miles	Rest Day	Training Run 3 miles	Strength Training	8 mile long run
3	Rest Day	Pace Run 3 miles	Training Run 4 miles	Rest Day	Training Run 4 miles	Strength Training	9 mile long run
4	Rest Day	Pace Run 3 miles	Training Run 4 miles	Rest Day	Training Run 4 miles	Strength Training	6 mile long run
5	Rest Day	Pace Run 3 miles	Training Run 4 miles	Rest Day	Training Run 4 miles	Strength Training	11 mile long run
6	Rest Day	Pace Run 3 miles	Training Run 4 miles	Rest Day	Training Run 4 miles	Strength Training	12 mile long run
7	Rest Day	Pace Run 4 miles	Training Run 5 miles	Rest Day	Training Run 5 miles	Strength Training	9 mile long run
8	Rest Day	Pace Run 4 miles	Training Run 5 miles	Rest Day	Training Run 5 miles	Strength Training	15 mile long run
9	Rest Day	Pace Run 4 miles	Training Run 5 miles	Rest Day	Training Run 5 miles	Strength Training	16 mile long run
10	Rest Day	Pace Run 4 miles	Training Run 6 miles	Rest Day	Training Run 5 miles	Strength Training	13.1 mile half marathon
11	Rest Day	Pace Run 4 miles	Training Run 6 miles	Rest Day	Training Run 6 miles	Strength Training	17 mile long run
12	Rest Day	Pace Run 4 miles	Training Run 6 miles	Rest Day	Training Run 6 miles	Strength Training	18 mile long run
13	Rest Day	Pace Run 5 miles	Training Run 7 miles	Rest Day	Training Run 6 miles	Strength Training	16 mile long run
14	Rest Day	Pace Run 5 miles	Training Run 7 miles	Rest Day	Training Run 6 miles	Strength Training	19 mile long run
15	Rest Day	Pace Run 5 miles	Training Run 7 miles	Rest Day	Training Run 6 miles	Strength Training	13.1 mile half marathon
16	Rest Day	Pace Run 5 miles	Training Run 8 miles	Rest Day	Training Run 6 miles	Strength Training	18 mile long run
17	Rest Day	Pace Run 5 miles	Training Run 8 miles	Rest Day	Training Run 6 miles	Strength Training	20 mile long run
18	Rest Day	Pace Run 3 miles	Training Run 4 miles	Rest Day	Training Run 4 miles	Strength Training	13 mile long run
19	Rest Day	Pace Run 2 miles	Training Run 3 miles	Rest Day	Training Run 3 miles	Strength Training	8 mile long run
20	Rest Day	Training Run 3 miles	Rest Day	Easy Run 3 miles	Rest Day	2 mile run easy pace	Marathon 26.2 miles

Training Runs should be done at a comfortable, sustainable pace: 3-4 out of 10 in terms of Rate of Perceived Exertion (RPE).

Pace Runs should be done at your target race pace if you have one, or slightly harder than your regular training runs. 5 out of 10 RPE.

Long Runs should be done at an easy and conversational pace: 2-3 out of 10 RPE.

Strength Training: we recommend compound exercises using weights, like deadlifts, squats, lunges.

For more guidance, visit marathonhandbook.com

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MARATHON HANDBOOK

1 2 Marathon Training Guide For Beginners

Jeff Galloway



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