

Beginner's Schedule for Marathon Training

**EIGHTEEN WEEK PROGRAM
INTERMEDIATE RUNNERS**

MARATHON TRAINING SCHEDULE

Weeks to go	Week of	M	T	W	Th	F	Sat	Sun	Total
<i>base</i>	-	<i>off</i>	3	<i>off</i>	3	<i>off</i>	6	3	15
18	1/31	off	3	off	3	off	8	3	17
17	2/7	off	4	off	4	off	6	4	18
16	2/14	off	3	off	4	off	10	3	20
15	2/21	off	5	off	4	off	8	4	21
14	2/28	off	4	off	3	off	13	3	23
13	3/7	off	4	4	4	off	8	4	24
12	3/14	off	4	4	4	off	15	off	27
11	3/21	off	4	4	4	off	10	3	26
10	3/28	off	4	4	4	off	16	3	30
9	4/4	off	5	5	5	off	12	3	30
8	4/11	off	4	4	4	off	18	3	33
7	4/18	off	5	6	5	3	12	4	35
6	4/25	off	4	4	4	off	20	3	35
5	5/2	off	5	6	5	off	12	4	32
4	5/9	off	4	4	4	off	20	3	35
3	5/16	off	4	4	4	3	15	3	33
2	5/23	off	4	4	4	off	6	5	23
1	5/30	off	4	4	3	off	2	26.2	13+race