

COUCH TO MARATHON TRAINING PLAN

Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Walk 15 min	Walk 4:00 Run 1:00 Complete 4x	Walk 20 minutes	Walk 3:30 Run 1:30 Complete 5x	Rest	Walk 3:30 Run 1:30 Complete 4x Walk 0:30 Run 1:30 Complete 3x	REST
Week 2	Walk 20 minutes	Walk 2:30 Run 2:30 Complete 5x	Walk 25 minutes	Walk 2:00 Run 3:00 Repeat 5x	Rest	Walk 2:00 Run 3:00 Complete 4x Walk 0:30 Run 2:30 Complete 2x	REST
Week 3	Walk 30 minutes	Walk 1:30 Run 3:30 Complete 5x	Walk 35 minutes	Walk 1:30 Run 3:30 Complete 6x	Rest	Walk 1:30 Run 3:30 Complete 4x Walk 0:30 Run 3:00 Complete 2x	REST
Week 4	Walk 35 minutes	Walk 1:00 Run 4:00 Complete 6x	Walk 40 minutes	Walk 0:30 Run 4:30 Complete 6x	Rest	Walk 0:30 Run 4:30 Complete 6x Walk 0:15 Run 4:45	REST
Week 5	Cross Training	1 mile	Strength	1 mile	Rest or Yoga	2 miles	REST
Week 6	Cross Training	2 miles	Strength	2 miles	Rest or Yoga	3 miles	REST
Week 7	Cross Training	2 miles	Strength	3 miles	Rest or Yoga	4 miles	REST
Week 8	Cross Training	3 miles	Strength	4 miles	Rest or Yoga	5 miles	REST

Week 9	Cross Training	3 miles	Strength	4 miles	Rest or Yoga	4 miles	REST
Week 10	Cross Training	4 miles	Strength	4 miles	Rest or Yoga	6 miles	REST
Week 11	Cross Training	4 miles	Strength	4 miles	Rest or Yoga	7 miles	REST
Week 12	Cross Training	4 miles	Strength	3 miles	Rest or Yoga	5 miles	REST
Week 13	Cross Training	3 miles	Strength	4 miles	Rest or Yoga	8 miles	REST
Week 14	Cross Training	4 miles	Strength	3 miles	Rest or Yoga	10 miles	REST
Week 15	Cross Training	5 miles	Strength	4 miles	Rest or Yoga	8 miles	REST
Week 16	Cross Training	4 miles	Strength	4 miles	Rest or Yoga	12 miles	REST
Week 17	Cross Training	4 miles	Strength	5 miles	Rest or Yoga	14 miles	REST
Week 18	Cross Training	3 miles	Strength	4 miles	Rest or Yoga	10 miles	REST
Week 19	Cross Training	4 miles	Strength	5 miles	Rest or Yoga	16 miles	REST
Week 20	Cross Training	4 miles	Strength	5 miles	Rest or Yoga	18 miles	REST
Week 21	Cross Training	5 miles	Strength	5 miles	Rest or Yoga	20 miles	REST
Week 22	Cross Training	4 miles	Strength	4 miles	Rest or Yoga	12 miles	REST
Week 23	Cross Training	3 miles	Strength	4 miles	Rest or Yoga	6 miles	REST
Week 24	Cross Training	3 miles	Yoga	2 miles	Rest	26.2 miles!	REST