

16-Week Marathon Training Schedule

	Full LONG	Half LONG						Full	Half			
Week	Sun	Sun	Mon	Tue	Wed	Thu	Thu	Thu	Thu	Fri	Sat	Total
1	5	3	S/W	X	S/W	X	4	2	S	Rest	9	
2	6	3	S/W	X	S/W	X	4	2	S	Rest	10	
3	7	4	S/W	X	S/W	X	4	2	S	Rest	11	
4	8	4	S/W	X	S/W	X	5	3	S	Rest	13	
5	10	5	S/W	X	S/W	X	5	3	S	Rest	15	
6	11	6	S/W	X	S/W	X	5	3	S	Rest	16	
7	12	6	S/W	X	S/W	X	6	3	S	Rest	18	
8	14	7	S/W	X	S/W	X	6	3	S	Rest	20	
9	16	8	S/W	X	S/W	X	7	4	S	Rest	23	
10	16	8	S/W	X	S/W	X	8	4	S	Rest	24	
11	17	9	S/W	X	S/W	X	8	4	S	Rest	25	
12	18	10	S/W	X	S/W	X	8	4	S	Rest	26	
13	20	11	S/W	X	S/W	X	8	4	S	Rest	28	
14	9	5	S/W	X	S/W	X	8	3	S	Rest	17	
15	8	4	S/W	X	S/W	X	5	3	S	Rest	13	
16	3	2	S/W	X	S/W	Rest	Rest	13.1	S	26.2	29	

S Spin
W Weight
X Xfit