

# FULL MARATHON

## 26.2 MILES 20 WEEK TRAINING PLAN

| WEEK | MON     | TUES     | WED                      | THUR                      | FRI                       | SAT            | SUN      | TOTAL MILEAGE |
|------|---------|----------|--------------------------|---------------------------|---------------------------|----------------|----------|---------------|
| 1    | 2 miles | 3 miles  | Rest Day                 | XT                        | 2 miles                   | 5 miles        | Rest Day | 12 miles      |
| 2    | 2 miles | 3 miles  | Rest Day                 | XT                        | 3 miles                   | 6 miles        | Rest Day | 14 miles      |
| 3    | 3 miles | 3 miles  | Rest Day                 | XT                        | 3 miles                   | 7 miles        | Rest Day | 16 miles      |
| 4    | 3 miles | 4 miles  | Rest Day                 | XT                        | 3 miles                   | 8 miles        | Rest Day | 18 miles      |
| 5    | 3 miles | 4 miles  | Rest Day                 | XT                        | 3 miles                   | 9 miles        | Rest Day | 19 miles      |
| 6    | 4 miles | 4 miles  | Rest Day                 | XT                        | 3 miles                   | 10 miles       | Rest Day | 21 miles      |
| 7    | 4 miles | 4 miles  | Rest Day                 | XT                        | 4 miles                   | 11 miles       | Rest Day | 23 miles      |
| 8    | 4 miles | 5 miles  | Rest Day                 | XT                        | 3 miles                   | 12 miles       | Rest Day | 24 miles      |
| 9    | 4 miles | 5 miles  | Rest Day                 | XT                        | 4 miles                   | 6 miles        | Rest Day | 19 miles      |
| 10   | 4 miles | 5 miles  | Rest Day                 | XT                        | 4 miles                   | 14 miles       | Rest Day | 27 miles      |
| 11   | 4 miles | 5 miles  | Rest Day                 | XT                        | 5 miles                   | 7 miles        | Rest Day | 21 miles      |
| 12   | 4 miles | 5 miles  | Rest Day                 | XT                        | 4 miles                   | 16 miles       | Rest Day | 29 miles      |
| 13   | 4 miles | 5 miles  | Rest Day                 | XT                        | 5 miles                   | 8 miles        | Rest Day | 22 miles      |
| 14   | 4 miles | 5 miles  | Rest Day                 | XT                        | 4 miles                   | 18 miles       | Rest Day | 31 miles      |
| 15   | 4 miles | 5 miles  | Rest Day                 | XT                        | 5 miles                   | 8 miles        | Rest Day | 22 miles      |
| 16   | 4 miles | 5 miles  | Rest Day                 | XT                        | 4 miles                   | 20 miles       | Rest Day | 33 miles      |
| 17   | 4 miles | 5 miles  | Rest Day                 | XT                        | 5 miles                   | 10 miles       | Rest Day | 24 miles      |
| 18   | 4 miles | 5 miles  | Rest Day                 | XT                        | 4 miles                   | 20 miles       | Rest Day | 33 miles      |
| 19   | 4 miles | 4 miles  | Rest Day                 | XT                        | 4 miles                   | 8 miles        | Rest Day | 20 miles      |
| 20   | 4 miles | Rest Day | 3 miles<br>Carbo-Loading | Rest Day<br>Carbo-Loading | Rest Day<br>Carbo-Loading | 26.2<br>miles! | Rest Day | 33 miles      |

# Non Runners Marathon Guide For

**Scott C. Dulebohn**



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