

Marathon Advanced Training Program

Legend: w/u = warm up, c/d = cool down, jog = slow easy pace, run = steady pace, effort = push hard

Week 8

Monday 50min jog

Tuesday

Wednesday 15min jog w/u
(10min effort, 2 min jog) X3
15min Jog c/d

Thursday 60min jog (hilly course)

Friday

Saturday 15min jog w/u
30min run
15min Jog c/d

Sunday 90min jog

Week 7

Monday 50min jog

Tuesday

Wednesday 15min jog w/u
(10min effort, 2 min jog) X3
15min Jog c/d

Thursday 60min run (hilly course)

Friday

Saturday 15min jog w/u
40min run
15min Jog c/d

Sunday 90min jog

Week 6

Monday 60min jog easy

Tuesday

Wednesday 15min jog w/u
(10min effort, 2 min jog) X4
15min Jog c/d

Thursday 60min run (hilly course)

Friday

Saturday 15min jog w/u
40min run
15min Jog c/d

Sunday 110min jog

Week 5

Monday 60min jog easy

Tuesday

Wednesday 15min jog w/u
(15min effort, 5 min jog) X2
15min Jog c/d

Thursday 75min jog (hilly course)

Friday

Saturday 15min jog w/u
40min run
15min Jog c/d

Sunday 120min jog

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Week 12		Week 11		Week 10		Week 9	
Monday	40min jog	Monday	40min jog	Monday	40min jog	Monday	40min jog
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Tuesday		Tuesday		Tuesday		Tuesday	
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Wednesday	15min jog w/u 20min run 15min Jog c/d	Wednesday	15min jog w/u (3min effort, 2 min jog) X5 15min Jog c/d	Wednesday	15min jog w/u (5min effort, 2 min jog) X5 15min Jog c/d	Wednesday	20min jog w/u (5min effort, 1 min jog) X5 15min Jog c/d
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Thursday	50min jog	Thursday	50min jog (hilly course)	Thursday	50min jog (hilly course)	Thursday	50min jog (hilly course)
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Friday		Friday	1/08/08	Friday		Friday	
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Saturday	15min jog w/u 20min run 15min Jog c/d	Saturday	15min jog w/u 25min run 15min Jog c/d	Saturday	15min jog w/u 25min run 15min Jog c/d	Saturday	20min jog w/u 20min run 20min Jog c/d
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Sunday	60min jog	Sunday	60min jog	Sunday	70min jog	Sunday	70min jog
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Week 16

Monday

Tuesday

10min walk w/u
15min jog 2min walk 15min jog
10min walk c/d

Wednesday

Thursday

10min walk w/u
25min jog
10min walk c/d

Friday

Saturday

10min walk w/u
20min jog 2min walk 15min jog
10min walk c/d

Sunday

Week 15

Monday

10min walk w/u
30min jog
10min walk c/d

Tuesday

10min walk w/u
25min jog
10min walk c/d

Wednesday

Thursday

10min walk w/u
35min jog
10min walk c/d

Friday

Saturday

10min walk w/u
40min jog
10min walk c/d

Sunday

Week 14

Monday

10min walk w/u
30min jog
10min walk c/d

Tuesday

5min walk w/u
30min jog 5min walk 20min jog
5min walk c/d

Wednesday

Thursday

5min walk w/u
35min jog
5min walk c/d

Friday

Saturday

10min jog w/u
25min run
10min jog c/d

Sunday

Week 13

Monday

35min jog

Tuesday

15min jog w/u
15min run
15min Jog c/d

Wednesday

Thursday

40min jog

Friday

Saturday

10min jog w/u
15min run
10min Jog c/d

Sunday

50min jog
