

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 Carbo-Loading | Rest Day Carbo-Loading | Rest Day Carbo-Loading | 26.2 miles! | Rest Day | 33 miles |

Non Runners Marathon Guide For

Judd E. Hollander



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Embracing the Beat of Term: An Mental Symphony within **Non Runners Marathon Guide For**

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