16 Week Marathon Training Plan

This marathon-training program is designed for anyone who has the goal of finishing a marathon and is not concerned about how fast your time will be. Runners who start this program need to be averaging at least 15 miles per week before starting. Just like the 25-week program the key is to follow the suggestions for both the running and cross training workouts in the program.

XT stands for cross training. These activities are aerobic based activities, which include swimming, biking/spinning, aerobics, etc.

Off/stretch days are resting and/or stretching which could include yoga, palates, etc (Do nothing that would cause excessive soreness or fatigue).

Dates	WK	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Period 1	1	OFF	Run 30-45 min	XT 45-60 min	Run 45-60 min	Run 30-45 min	off/xt 30-45 min	8 miles
	2	OFF	Run 30-45 min	XT 45-60 min	Run 45-60 min	Run 30-45 min	off/xt 30-45 min	9-10 miles
	3	OFF	Run 30-45 min	XT 45-60 min	Run 45-60 min	Run 30-45 min	off/xt 30-45 min	11-12 miles
	4	OFF	Run 30-45 min	XT 30-45 min	Run 30-45 min	Run 30-45 min	OFF/Stretch	5 miles

Dates	WK	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Period 2	5	OFF	Run 30-45 min	XT 45-60 min	Run 45-60 min	Run 30-45 min	off/xt 30-45 min	12-13 miles
	6	OFF	Run 30-45 min	XT 45-60 min	Run 45-60 min	Run 30-45 min	off/xt 30-45 min	13-14 miles
	7	OFF	Run 30-45 min	XT 45-60 min	Run 45-60 min	Run 30-45 min	off/xt 30-45 min	14-16 miles
	8	OFF	Run 30-45 min	XT 30-45 min	Run 30-45 min	Run 30-45 min	OFF/Stretch	7-8 miles

Dates	WK	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Period 3	9	OFF	Run 30-45 min	XT 45-60 min	Run 45-60 min	Run 30-45 min	off/xt 30-45 min	16-18 miles
	10	OFF	Run 30-45 min	XT 30-45 min	Run 30-45 min	Run 30-45 min	OFF/Stretch	8-9 miles

Dates	WK	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Period 4	11	OFF	Run 30-45 min	XT 45-60 min	Run 45-60 min	Run 30-45 min	off/xt 30-45 min	18-20 miles
	12	OFF	Run 30-45 min	XT 30-45 min	Run 30-45 min	Run 30-45 min	OFF/Stretch	9-10 miles

Dates	WK	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Period 5	13	OFF	Run 30-45 min	XT 45-60 min	Run 45-60 min	Run 30-45 min	off/xt 30-45 min	20-22 miles
	14	OFF	Run 30-45 min	XT 30-45 min	Run 30-45 min	Run 30-45 min	off/xt 30-45 min	8-10 miles

Dates	WK	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Period 6	15	OFF	Run 30-45 min	XT 30-45 min	Run 30-45 min	Run 30-45 min	off/xt 30-45 min	4-5 miles
	16	OFF	Run 15-30 min	OFF/Stretch run	15-30 min	OFF/stretch	OFF	Marathon

NOTES

Training weeks can be changed to run Tues/Thurs and walk/ XT Mon/Wed if necessary. Always alternate a day of running with a day of Walk/XT.

The walk/xt days are extremely important for consistency, injury prevention and overall aerobic fitness. If you lift weights earlier in the week is better.

When in doubt ALWAYS choose lower end of times and mileage and remember a little walking early saves a lot of crawling later.

Uphill and downhill training can be very important but incorporate it on days other than your long runs.