

# FULL MARATHON TRAINING PLAN

WEEK	PHASE	M	T	W	T	F	S	S
1	Build	Shakeout run 40-60 minutes	Tempo run 30 minutes	Rest/Optional Cross-Train	Speedwork (2 sets)	Shakeout run 40-60 minutes	Rest day	LSD 9 miles
2	Build	Shakeout run 40-60 minutes	Tempo run 30 minutes	Rest/Optional Cross-Train	Speedwork (3 sets)	Shakeout run 40-60 minutes	Rest day	LSD 11 miles (2.5 mile @ race pace)
3	Build	Shakeout run 40-60 minutes	Tempo run 30 minutes	Rest/Optional Cross-Train	Speedwork (4 sets)	Shakeout run 40-60 minutes	Rest day	LSD 13 miles (3 mile @ race pace)
4	Recover	Shakeout run 30-40 minutes	Tempo run 20 minutes	Rest day	Cross-training	Shakeout run 30-40 minutes	Rest day	LSD 5K
5	Build	Shakeout run 60 minutes	Tempo run 30 minutes	Rest/Optional Cross-Train	Hill Repeats (4 sets)	Shakeout run 60 minutes	Rest day	LSD 15 miles (3.5 mile @ race pace)
6	Build	Shakeout run 60 minutes	Tempo run 30 minutes	Rest/Optional Cross-Train	Speedwork (4 sets)	Shakeout run 60 minutes	Rest day	LSD 16.5 miles (4.5 mile @ race pace)
7	Build	Shakeout run 60 minutes	Tempo run 30 minutes	Rest/Optional Cross-Train	Speedwork (4 sets)	Shakeout run 60 minutes	Rest day	LSD 18.5 miles (5 mile @ race pace)
8	Recover	Shakeout run 40 minutes	Tempo run 20 minutes	Rest day	Cross-training	Shakeout run 40 minutes	Rest day	LSD 7.5 miles
9	Build	Shakeout run 60 minutes	Tempo run 30 minutes	Rest/Optional Cross-Train	Hill Repeats (2 sets)	Shakeout run 60 minutes	Rest day	LSD 20.5 miles (5.5 mile @ race pace)
10	Build	Shakeout run 60 minutes	Tempo run 30 minutes	Rest/Optional Cross-Train	Hill Repeats (3 sets)	Shakeout run 60 minutes	Rest day	LSD 22 miles (6 mile @ race pace)
11	Build	Shakeout run 60 minutes	Tempo run 30 minutes	Rest/Optional Cross-Train	Hill Repeats (4 sets)	Shakeout run 60 minutes	Rest day	LSD 23 miles (7 mile @ race pace)
12	Recover	Shakeout run 40 minutes	Tempo run 20 minutes	Rest day	Cross-training	Shakeout run 40 minutes	Rest day	LSD 9 miles
13	Build	Shakeout run 60 minutes	Tempo run 30 minutes	Rest/Optional Cross-Train	Hill Repeats (4 sets)	Shakeout run 60 minutes	Rest day	LSD 23 miles (7.5 mile @ race pace)
14	Taper	Shakeout run 60 minutes	Tempo run 30 minutes	Rest/Optional Cross-Train	Hill Repeats (4 sets)	Shakeout run 60 minutes	Rest day	LSD 12.5 miles (6 mile @ race pace)
15	Taper	Shakeout run 60 minutes	Race Day Prep set 10-30-10	Rest day	Race Day Prep set 10-30-10	Shakeout run 60 minutes	Rest day	LSD 9 miles (5 mile @ race pace)
16	Taper	Shakeout run 40 minutes	Race Day Prep set 10-20-10	Rest day	Race Day Prep set 10-20-10	Shakeout run 40 minutes	Rest day	<b>RACE DAY</b>