

12 Week **Beginner** Marathon Training Calendar

Program Start – _____

Peak Event Date – _____

GOAL – _____

TRAINING CALENDAR LEGEND



- Colour signifies easy day/effort



- Colour signifies hard day/effort

R

- Rest day

XT

- Cross train – bike, swim, squash, elliptical, etc.

MARATHON TRAINING PROGRAM



**ON _____ 20__, I WILL RUN THE
MARATHON IN *__:__:__***

Week #1

Mon	Tue	Wed	Thu	Fri	Sat	Sun
R or XT	3	5 VO2 max Intervals -4 x 800 m 2 min jog/walk between each repeat	5	R or XT	3	12
Avg. Speed: _____	Avg. Speed: _____	Avg. Speed: _____	Avg. Speed: _____	Avg. Speed: _____	Avg. Speed: _____	Avg. Speed: _____
Avg. HR: _____	Avg. HR: _____	Avg. HR: _____	Avg. HR: _____	Avg. HR: _____	Avg. HR: _____	Avg. HR: _____
Shoes: _____	Shoes: _____	Shoes: _____	Shoes: _____	Shoes: _____	Shoes: _____	Shoes: _____
Temp: _____	Temp: _____	Temp: _____	Temp: _____	Temp: _____	Temp: _____	Temp: _____
Notes:	Notes:	Notes:	Notes:	Notes:	Notes:	Notes:

MARATHON TRAINING PROGRAM



**ON _____ 20__, I WILL RUN THE
MARATHON IN *__:__:__***

Week #2

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p>(R) or XT</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>(3)</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>(5)</p> <p>Hill Repeats</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>(5)</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>(R) or XT</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>(4)</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>(13)</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>

MARATHON TRAINING PROGRAM



**ON _____ 20__, I WILL RUN THE
MARATHON IN *__:__:__***

Week #3

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p style="text-align: center;">R or XT</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p style="text-align: center;">4</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p style="text-align: center;">4</p> <p>VO2 max Intervals -6 x 400 m 90 sec. jog/walk between each repeat</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p style="text-align: center;">5</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p style="text-align: center;">R or XT</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p style="text-align: center;">4</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p style="text-align: center;">15</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>

MARATHON TRAINING PROGRAM



**ON _____ 20__, I WILL RUN THE
MARATHON IN *__:__:__***

Week #4

Mon	Tue	Wed	Thu	Fri	Sat	Sun
R or XT	3	5 Hill Repeats	5	R or XT	4	11
Avg. Speed: _____	Avg. Speed: _____	Avg. Speed: _____	Avg. Speed: _____	Avg. Speed: _____	Avg. Speed: _____	Avg. Speed: _____
Avg. HR: _____	Avg. HR: _____	Avg. HR: _____	Avg. HR: _____	Avg. HR: _____	Avg. HR: _____	Avg. HR: _____
Shoes: _____	Shoes: _____	Shoes: _____	Shoes: _____	Shoes: _____	Shoes: _____	Shoes: _____
Temp: _____	Temp: _____	Temp: _____	Temp: _____	Temp: _____	Temp: _____	Temp: _____
Notes:	Notes:	Notes:	Notes:	Notes:	Notes:	Notes:

MARATHON TRAINING PROGRAM



ON _____ 20___, I WILL RUN THE
MARATHON IN *__:__:__*

Week #5

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p style="text-align: center; font-size: 1.2em;">Ⓡ or XT</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes: _____</p>	<p style="text-align: center; font-size: 1.2em;">6</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes: _____</p>	<p style="text-align: center; font-size: 1.2em;">6</p> <p>Hill Repeats</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes: _____</p>	<p style="text-align: center; font-size: 1.2em;">5</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes: _____</p>	<p style="text-align: center; font-size: 1.2em;">Ⓡ or XT</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes: _____</p>	<p style="text-align: center; font-size: 1.2em;">3</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes: _____</p>	<p style="text-align: center; font-size: 1.2em;">17</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes: _____</p>

MARATHON TRAINING PROGRAM



**ON _____ 20__, I WILL RUN THE
MARATHON IN *__:__:__***

Week #6

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p style="text-align: center;">R or XT</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes: _____</p>	<p style="text-align: center;">6</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes: _____</p>	<p style="text-align: center;">5</p> <p>VO2 max Intervals -5 x 800 m 2 min jog/walk between each repeat</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes: _____</p>	<p style="text-align: center;">5</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes: _____</p>	<p style="text-align: center;">R or XT</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes: _____</p>	<p style="text-align: center;">4</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes: _____</p>	<p style="text-align: center;">18</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes: _____</p>

MARATHON TRAINING PROGRAM



**ON _____ 20__, I WILL RUN THE
MARATHON IN *__:__:__***

Week #7

Mon	Tue	Wed	Thu	Fri	Sat	Sun
R or XT	5	4	8	R or XT	3	20
	Hill Repeats					
Avg. Speed: _____	Avg. Speed: _____	Avg. Speed: _____	Avg. Speed: _____	Avg. Speed: _____	Avg. Speed: _____	Avg. Speed: _____
Avg. HR: _____	Avg. HR: _____	Avg. HR: _____	Avg. HR: _____	Avg. HR: _____	Avg. HR: _____	Avg. HR: _____
Shoes: _____	Shoes: _____	Shoes: _____	Shoes: _____	Shoes: _____	Shoes: _____	Shoes: _____
Temp: _____	Temp: _____	Temp: _____	Temp: _____	Temp: _____	Temp: _____	Temp: _____
Notes:	Notes:	Notes:	Notes:	Notes:	Notes:	Notes:

MARATHON TRAINING PROGRAM



**ON _____ 20__, I WILL RUN THE
MARATHON IN *__:__:__***

Week #8

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p style="text-align: center;">R or XT</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p style="text-align: center;">6</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p style="text-align: center;">5</p> <p>VO2 max Intervals -3 x 1 km 2:30 min. jog/walk between each repeat</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p style="text-align: center;">R or XT</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p style="text-align: center;">6</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p style="text-align: center;">R or XT</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p style="text-align: center;">14</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>

MARATHON TRAINING PROGRAM



**ON _____ 20__, I WILL RUN THE
MARATHON IN *__:__:__***

Week #9

Mon	Tue	Wed	Thu	Fri	Sat	Sun
R or XT	5	6 Hill repeats	3	8	R or XT	22
Avg. Speed: _____	Avg. Speed: _____	Avg. Speed: _____	Avg. Speed: _____	Avg. Speed: _____	Avg. Speed: _____	Avg. Speed: _____
Avg. HR: _____	Avg. HR: _____	Avg. HR: _____	Avg. HR: _____	Avg. HR: _____	Avg. HR: _____	Avg. HR: _____
Shoes: _____	Shoes: _____	Shoes: _____	Shoes: _____	Shoes: _____	Shoes: _____	Shoes: _____
Temp: _____	Temp: _____	Temp: _____	Temp: _____	Temp: _____	Temp: _____	Temp: _____
Notes:	Notes:	Notes:	Notes:	Notes:	Notes:	Notes:

MARATHON TRAINING PROGRAM



**ON _____ 20__, I WILL RUN THE
MARATHON IN *__:__:__***

Week #10

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p style="text-align: center;">(R) or XT</p> <p>BEGIN TAPER!!</p> <p>START MEMORIZING RACE DAY PLAN</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p style="text-align: center;">4</p> <p>VO2 max Intervals -4 x 800 m 90 sec. jog/walk between each repeat</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p style="text-align: center;">5</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p style="text-align: center;">(R) or XT</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p style="text-align: center;">4</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p style="text-align: center;">3</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p style="text-align: center;">16</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>

MARATHON TRAINING PROGRAM



**ON _____ 20__, I WILL RUN THE
MARATHON IN *__:__:__***

Week #11

Mon	Tue	Wed	Thu	Fri	Sat	Sun
(R) or XT	5	5 Fartlek	(R) or XT	3	(R) or XT	12
Avg. Speed: _____	Avg. Speed: _____	Avg. Speed: _____	Avg. Speed: _____	Avg. Speed: _____	Avg. Speed: _____	Avg. Speed: _____
Avg. HR: _____	Avg. HR: _____	Avg. HR: _____	Avg. HR: _____	Avg. HR: _____	Avg. HR: _____	Avg. HR: _____
Shoes: _____	Shoes: _____	Shoes: _____	Shoes: _____	Shoes: _____	Shoes: _____	Shoes: _____
Temp: _____	Temp: _____	Temp: _____	Temp: _____	Temp: _____	Temp: _____	Temp: _____
Notes:	Notes:	Notes:	Notes:	Notes:	Notes:	Notes:

MARATHON TRAINING PROGRAM



**ON _____ 20__, I WILL RUN THE
MARATHON IN *__:__:__***

Final Week

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p style="text-align: center; border: 1px solid black; border-radius: 50%; width: 20px; height: 20px; display: flex; align-items: center; justify-content: center; margin: 0 auto;">6</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p style="text-align: center; border: 1px solid black; border-radius: 50%; width: 20px; height: 20px; display: flex; align-items: center; justify-content: center; margin: 0 auto;">5</p> <p style="margin-top: 10px;"><i>-Begin carbo-load program</i> <i>-Increase H2O</i></p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p style="text-align: center; border: 1px solid black; border-radius: 50%; width: 20px; height: 20px; display: flex; align-items: center; justify-content: center; margin: 0 auto;">3</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>OFF</p>	<p>OFF</p>	<p>OFF</p>	<p>Follow race day plan!</p> <p style="text-align: center; font-size: 2em; color: purple; font-weight: bold; text-shadow: 2px 2px 0px black;">Marathon</p>