

18 Week **Advanced** 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, strength train, etc.

MARATHON TRAINING PROGRAM



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

Week #1

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; color: red;">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; 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;">4</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; color: red;">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 #2

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;">5</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes: _____</p>	<p style="text-align: center;">6 AT</p> <p>2 warm-up/build 3 @ AT 1 cool down</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;">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 #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;">7</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes: _____</p>	<p style="text-align: center;">5 AT</p> <p>VO2 max Intervals -8 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;">12</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
<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;">8</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes: _____</p>	<p style="text-align: center;">6 AT</p> <p>2 warm-up/build 3 @ AT 1 cool down</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;">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 #5

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;">8</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>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;">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 #6

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>(8)</p> <p>Fartlek</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>(6) AT</p> <p>2 warm-up/build 3 @ AT 1 cool down</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 #7

Mon	Tue	Wed	Thu	Fri	Sat	Sun
R or XT	8 AT 3 warm-up/build 4 @ AT 1 cool down	4	11	R or XT	7 Fartlek	19
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> Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	<p style="text-align: center;">(6)</p> <p style="text-align: center;">Fartlek</p> Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	<p style="text-align: center;">(12)</p> <p style="text-align: center;">Mid-Long</p> Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	<p style="text-align: center;">(R) or XT</p> Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	<p style="text-align: center;">(10) AT</p> <p style="text-align: center;">4 warm-up/build 5 @ AT 1 cool down</p> Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	<p style="text-align: center;">(3)</p> Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	<p style="text-align: center;">(20)</p> Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:

MARATHON TRAINING PROGRAM



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

Week #9

Mon	Tue	Wed	Thu	Fri	Sat	Sun
3	6	14	6	R or XT	3	16
		Mid-Long			Fartlek	10 @ MP
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
3	8	8 Hill repeats	5	R or XT	6 Fartlek	15
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 #11

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>(6)</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>(11) AT</p> <p>4 warm-up/build 6 @ AT 1 cool down</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>(12)</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>(21)</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 #12

Mon	Tue	Wed	Thu	Fri	Sat	Sun
3	8	5	6	3	R	19
	<p>VO2 max Intervals -6 x 800 m 2 min jog/walk between each repeat</p>			<p>Fartlek</p>		
<p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</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 #13

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p>3 AM</p> <p>3 PM</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>6</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>9</p> <p>VO2 max Intervals -5 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>R or XT</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>12</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>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 #14

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p>3 AM</p> <p>3 PM</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes: _____</p>	<p>6</p> <p>VO2 max Intervals -10 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>11</p> <p>Mid-Long</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>3</p> <p>5 k race if possible</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes: _____</p>	<p>20</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 #15

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p>3 AM</p> <p>3 PM</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>5</p> <p>Fartlek</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>11 AT</p> <p>4 warm-up/build 6 @ AT 1 cool down</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>10</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>23</p> <p><i>Mile 21 & 22 are done @ marathon pace (end long run at a track)</i></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 #16

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;">6</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>Fartlek</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>

Courtesy of:

MARATHON TRAINING PROGRAM



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

Week #17

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p style="text-align: center;">(R) or XT</p> Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	<p style="text-align: center;">(7) Z1</p> <p>8 strides</p> Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	<p style="text-align: center;">(6) Z1</p> <p>Warm up 1 3 x 1 mile Jog 2 min. between each repeat</p> Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	<p style="text-align: center;">(R) or XT</p> Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	<p style="text-align: center;">(5)</p> Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	<p style="text-align: center;">(R) or XT</p> Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	<p style="text-align: center;">(12) Z1</p> Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ 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;">3</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>2 MP</p> <p>2 warm up 2 @ MP 1 cool down</p> <p><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;">4</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>Follow race day plan!</p> <p style="text-align: center; font-size: 2em; font-weight: bold; color: purple; margin-top: 20px;">Marathon</p>