

## Marathon Novice

Choose the "Novice" Marathon Calendar if you are currently walking or running 13-15 miles per week, with a longest run/walk of 5-6 miles. Remember, it's okay to mix walking into a training run at any time. Some runners find it very helpful to use planned walking breaks—walking for a certain amount of time after running for a number of minutes or walking first and building into a run. This run/walk combo can be repeated throughout a run.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Week Total
1	Rest	3 m	3 m	3 m	Rest	6 m	Cross Train	15
2	Rest	3 m	3 m	3 m	Rest	7 m	Cross Train	16
3	Rest	3 m	4 m	3 m	Rest	5 m	Cross Train	15
4	Rest	3 m	4 m	3 m	Rest	9 m	Cross Train	19
5	Rest	3 m	5 m	3 m	Rest	10 m	Cross Train	21
6	Rest	3 m	5 m	3 m	Rest	7 m	Cross Train	18
7	Rest	3 m	6 m	3 m	Rest	12 m	Cross Train	24
8	Rest	3 m	6 m	3 m	Rest	13 m	Cross Train	25
9	Rest	3 m	7 m	4 m	Rest	10 m	Cross Train	24
10	Rest	3 m	7 m	4 m	Rest	15 m	Cross Train	29
11	Rest	4 m	8 m	4 m	Rest	16 m	Cross Train	32
12	Rest	4 m	8 m	5 m	Rest	12 m	Cross Train	29
13	Rest	4 m	9 m	5 m	Rest	18 m	Cross Train	36
14	Rest	5 m	9 m	3 m	Rest	14 m	Cross Train	31
15	Rest	5 m	10 m	5 m	Rest	20 m	Cross Train	40
16	Rest	5 m	8 m	4 m	Rest	12 m	Cross Train	29
17	Rest	4 m	6 m	3 m	Rest	8 m	Cross Train	21
18	Rest	3 m	4 m	2 m	Rest	Rest	<b>Marathon</b>	35+

## Marathon Intermediate I

Choose the "Intermediate I" Marathon Calendar if you are currently walking or running 20 miles per week with a longest run/walk of 8 miles. Remember, it's okay to mix walking into a training run at any time. Some runners find it very helpful to use planned walking breaks—walking for a certain amount of time after running for a number of minutes or walking first and building into a run. This run/walk combo can be repeated throughout a run.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Week Total
1	Cross Train	3 m	5 m	3 m	Rest	8 m	5 m	24
2	Cross Train	3 m	5 m	3 m	Rest	9 m	5 m	25
3	Cross Train	3 m	5 m	3 m	Rest	6 m	5 m	22
4	Cross Train	3 m	6 m	3 m	Rest	11 m	6 m	29
5	Cross Train	3 m	6 m	3 m	Rest	12 m	6 m	30
6	Cross Train	3 m	5 m	3 m	Rest	9 m	6 m	26
7	Cross Train	4 m	7 m	4 m	Rest	14 m	7 m	36
8	Cross Train	4 m	7 m	4 m	Rest	15 m	7 m	37
9	Cross Train	4 m	5 m	4 m	Rest	11 m	7 m	31
10	Cross Train	4 m	8 m	4 m	Rest	17 m	8 m	41
11	Cross Train	5 m	8 m	5 m	Rest	18 m	8 m	44
12	Cross Train	5 m	5 m	5 m	Rest	13 m	8 m	36
13	Cross Train	5 m	8 m	5 m	Rest	20 m	8 m	46
14	Cross Train	5 m	5 m	5 m	Rest	12 m r	8 m	35
15	Cross Train	5 m	8 m	5 m	Rest	20 m	5 m	43
16	Cross Train	5 m	6 m	5 m	Rest	12 m	4 m	32
17	Cross Train	4 m	5 m	4 m	Rest	8 m	3 m	24
18	Cross Train	3 m	4 m	2 m	Rest	2 m	<b>Marathon</b>	37+

## Marathon Intermediate II

Choose the "Intermediate II" Marathon Calendar if you are currently walking or running 25 miles per week with a longest run/walk of 10 miles. Remember, it's okay to mix walking into a training run at any time. Some runners find it very helpful to use planned walking breaks—walking for a certain amount of time after running for a number of minutes or walking first and building into a run. This run/walk combo can be repeated throughout a run.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Week Total
1	Cross Train	3 m	5 m	3 m	Rest	10 m	5 m	26
2	Cross Train	3 m	5 m	3 m	Rest	11 m	5 m	27
3	Cross Train	3 m	6 m	3 m	Rest	8 m	5 m	25
4	Cross Train	3 m	6 m	3 m	Rest	13 m	6 m	31
5	Cross Train	3 m	7 m	3 m	Rest	14 m	7 m	34
6	Cross Train	3 m	7 m	3 m	Rest	10 m	7 m	30
7	Cross Train	4 m	8 m	4 m	Rest	16 m	8 m	40
8	Cross Train	4 m	8 m	4 m	Rest	17 m	8 m	41
9	Cross Train	4 m	9 m	4 m	Rest	12 m	9 m	38
10	Cross Train	4 m	9 m	4 m	Rest	19 m	9 m	45
11	Cross Train	5 m	10 m	5 m	Rest	20 m	10 m	50
12	Cross Train	5 m	6 m	5 m	Rest	12 m	6 m	34
13	Cross Train	5 m	10 m	5 m	Rest	20 m	10 m	50
14	Cross Train	5 m	6 m	5 m	Rest	12 m	6 m	34
15	Cross Train	5 m	10 m	5 m	Rest	20 m	10 m	50
16	Cross Train	5 m	8 m	5 m	Rest	12 m	4 m	34
17	Cross Train	4 m	6 m	4 m	Rest	8 m	4 m	26
18	Cross Train	3 m	4 m	2 m	Rest	2 m	<b>Marathon</b>	37+