

20 **SILO** 19  
**DISTRICT**  
*MARATHON*  
*26.2*

**TRAINING**  
**PLAN + LOG**  
**MARATHON**

# JANUARY

MON	TUE	WED	THU	FRI	SAT	SUN
REST DAY	WORKOUT 1	OPTIONAL RUN OR CROSS TRAIN	REST DAY	WORKOUT 2	OPTIONAL RUN OR CROSS TRAIN	LONG RUN
	1	2	3	4	5	6
		10 min run	rest day	15 min run + 3x15 sec strides	rest day	20 min easy
7	8	9	10	11	12	13
rest day	15 min easy	30 min of brisk walk or elliptical	rest day	20 min run (walk 1 min after every 5 min)	30 min x-train	25 min easy
14	15	16	17	18	19	20
rest day	15x walk for 30 sec, run for 1 min 30 sec	30 min x-train	rest day	30 min run (walk 1 min after every 5 min)	35 min x-train	<b>GOAL: 5K</b> run 3.1 miles (walk 1 min after each mile)
21	22	23	24	25	26	27
rest day	fast finish run: 3x10 min run, 1 min walk + 5 min mod run	30 min x-train	rest day	speed play: 35 min run with 4x30 sec pick-ups*	30 min x-train	4.5 miles or 5 miles easy*
28	29	30	31			
rest day	fast finish run: 35 min easy + 5 min mod*	30 min x-train	rest day			

## NOTES:

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\*JAN 25: walk 1 min every 10 min, walk 30 sec after pick-ups | \*JAN 27: walk 1 min after every mile | \*JAN 29: walk at 10 min intervals



# MARCH

MON	TUE	WED	THU	FRI	SAT	SUN
REST DAY	WORKOUT 1	OPTIONAL RUN OR CROSS TRAIN	EASY RUN	WORKOUT 2	OPTIONAL RUN OR CROSS TRAIN	LONG RUN
				1 fast finish: 40 min easy, 10 min mod	2 45 min (easy or x-train)	3 11 miles
4 rest day	5 intervals: 10 min easy, 5x10 min easy*	6 45 min (easy or x-train)	7 50 min easy	8 tempo: 15 min easy, 15 min mod, 15 min easy	9 50 min (easy or x-train)	10 7 miles
11 rest day	12 intervals: 10 min easy, 4x10 min easy*	13 50 min (easy or x-train)	14 50 min easy	15 tempo: 15 min easy, 20 min mod, 15 min easy	16 50 min (easy or x-train)	17 12 miles
18 rest day	19 hills: 12 min easy, 8x12 min easy*	20 45 min (easy or xtrain)	21 45 min easy	22 tempo: 15 min easy, 15 min mod, 15 min easy	23 45 min (easy or x-train)	24 16 miles
25 rest day	26 progression: 20 min easy, 3x 3 min mod /2 min hard /5 min easy	27 50 min (easy or x-train)	28 55 min easy	29 tempo: 15 min easy, 25 min mod, 15 min easy	30 50 min (easy or x-train)	31 8 miles

## NOTES:

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\*MAR 5: 3 min hard/2min easy | \*MAR 12: 4 min hard/3 min easy | \*MAR 19: 30 sec hard up/1:30 easy down

# APRIL

MON	TUE	WED	THU	FRI	SAT	SUN
REST DAY	WORKOUT 1	OPTIONAL RUN OR CROSS TRAIN	EASY RUN	WORKOUT 2	OPTIONAL RUN OR CROSS TRAIN	LONG RUN
1 rest day	2 progression: 25 min easy, 3x 3.5 mod, 1.5 hard, 5 easy	3 50 min (easy or x-train)	4 55 min easy	5 tempo: 15 min easy 30 min easy 15 min easy	6 50 min (easy or x-train)	7 8 miles
8 rest day	9 hills: 15 min easy, 8x 15 min easy*	10 45 min (easy or x-train)	11 45 min easy	12 tempo: 15 min easy 25 min mod 15 min easy	13 45 min (easy or x-train)	14 20 miles
15 rest day	16 progression: 30 min easy, 4x 4 mod, 1 hard, 5 easy	17 50 min (easy or xtrain)	18 50 min easy	19 tempo: 15 min easy 35 min mod 15 min easy	20 55 min (easy or x-train)	21 12 miles
22 rest day	23 speed play: 40 min easy + 4x1 min hard throughout run	24 30 min (easy or x-train)	25 final workout: 20 min easy, 10 min mod	26 rest day	27 20-25 min easy run	28 MARATHON RACE DAY!

## NOTES:

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\*APR 9: 30 sec hard up/1:30 easy down

