



**MARATHON**  
**TRAINING**  
GUIDE



# INTRO



Marathon training is a physically and mentally demanding program that requires preparation, consistency, and dedication.

A marathon is a long-distance race that covers 26.2 miles, and completing it requires a great deal of physical fitness and endurance. Training for a marathon involves developing a consistent running routine that gradually increases in intensity and duration.

A successful marathon training program involves a combination of running, strength training, flexibility training, and proper nutrition. It is important to start with a solid base of fitness and gradually increase mileage to avoid injury and burnout.

Training for a marathon requires time management and discipline to stay on track with workouts and recovery. It is also important to listen to your body and adjust your training plan as needed.

With the right training program and mindset, anyone can successfully train for and complete a marathon.

**16-WEEK TRAINING PLANS INCLUDED  
FOR BEGINNER | INTERMEDIATE  
AND ADVANCED RUNNERS**





# BEGINNERS



# MARATHON TRAINING GUIDE



# WEEK 1

## BASE BUILDING



MON

Rest day

DONE



TUE

3 miles at an easy pace

TIME

DONE



WED

4 miles, including hill repeats or tempo runs

TIME

DONE



THU

Cross-training  
(cycling, swimming, or strength training)

TIME

DONE



FRI

3 miles at an easy pace

TIME

DONE



SAT

6 miles

TIME

DONE



SUN

Rest day

DONE





# WEEK 2

## BASE BUILDING

MON

Rest day

DONE



TUE

3 miles at an easy pace

TIME

DONE



WED

4 miles, including hill repeats or tempo runs

TIME

DONE



THU

Cross-training  
(cycling, swimming, or strength training)

TIME

DONE



FRI

3 miles at an easy pace

TIME

DONE



SAT

6 miles

TIME

DONE



SUN

Rest day

DONE





# WEEK 3

## BASE BUILDING

MON

Rest day

DONE



TUE

3 miles at an easy pace

TIME

DONE



WED

4 miles, including hill repeats or tempo runs

TIME

DONE



THU

Cross-training  
(cycling, swimming, or strength training)

TIME

DONE



FRI

3 miles at an easy pace

TIME

DONE



SAT

7 miles

TIME

DONE



SUN

Rest day

DONE





# WEEK 4 BASE BUILDING

MON

Rest day

DONE



TUE

3 miles at an easy pace

TIME

DONE



WED

4 miles, including hill repeats or tempo runs

TIME

DONE



THU

Cross-training  
(cycling, swimming, or strength training)

TIME

DONE



FRI

3 miles at an easy pace

TIME

DONE



SAT

8 miles

TIME

DONE



SUN

Rest day

DONE





# WEEK 5 BUILDING ENDURANCE

MON

Rest day

DONE

TUE

4 miles at an easy pace

TIME

DONE

WED

5 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training  
(cycling, swimming, or strength training)

TIME

DONE

FRI

4 miles at an easy pace

TIME

DONE

SAT

10 miles

TIME

DONE

SUN

Rest day

DONE





# WEEK 6 BUILDING ENDURANCE

MON

Rest day

DONE

TUE

4 miles at an easy pace

TIME

DONE

WED

5 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training  
(cycling, swimming, or strength training)

TIME

DONE

FRI

4 miles at an easy pace

TIME

DONE

SAT

10 miles

TIME

DONE

SUN

Rest day

DONE





# WEEK 7

## BUILDING ENDURANCE

MON

Rest day

DONE

TUE

4 miles at an easy pace

TIME

DONE

WED

5 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training  
(cycling, swimming, or strength training)

TIME

DONE

FRI

4 miles at an easy pace

TIME

DONE

SAT

11 miles

TIME

DONE

SUN

Rest day

DONE





# WEEK 8 BUILDING ENDURANCE

MON

Rest day

DONE

TUE

4 miles at an easy pace

TIME

DONE

WED

5 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training  
(cycling, swimming, or strength training)

TIME

DONE

FRI

4 miles at an easy pace

TIME

DONE

SAT

12 miles

TIME

DONE

SUN

Rest day

DONE



# WEEK 9

## INCREASING MILEAGE AND INTENSITY

MON

Rest day

DONE

TUE

5 miles at an easy pace

TIME

DONE

WED

6 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training  
(cycling, swimming, or strength training)

TIME

DONE

FRI

5 miles at an easy pace

TIME

DONE

SAT

14 miles

TIME

DONE

SUN

Rest day

DONE

# WEEK 10

## INCREASING MILEAGE AND INTENSITY

MON

Rest day

DONE

TUE

5 miles at an easy pace

TIME

DONE

WED

6 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training  
(cycling, swimming, or strength training)

TIME

DONE

FRI

5 miles at an easy pace

TIME

DONE

SAT

14 miles

TIME

DONE

SUN

Rest day

DONE

# WEEK 11

## INCREASING MILEAGE AND INTENSITY

MON

Rest day

DONE

TUE

5 miles at an easy pace

TIME

DONE

WED

6 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training  
(cycling, swimming, or strength training)

TIME

DONE

FRI

5 miles at an easy pace

TIME

DONE

SAT

15 miles

TIME

DONE

SUN

Rest day

DONE

# WEEK 12

## INCREASING MILEAGE AND INTENSITY

MON

Rest day

DONE

TUE

5 miles at an easy pace

TIME

DONE

WED

6 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training  
(cycling, swimming, or strength training)

TIME

DONE

FRI

5 miles at an easy pace

TIME

DONE

SAT

16 miles

TIME

DONE

SUN

Rest day

DONE

# WEEK 13

# TAPERING AND PREPARATION

MON

Rest day

DONE

TUE

4 miles at an easy pace

TIME

DONE

WED

5 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training  
(cycling, swimming, or strength training)

TIME

DONE

FRI

4 miles at an easy pace

TIME

DONE

SAT

8 miles

TIME

DONE

SUN

Rest day

DONE



# WEEK 14

# TAPERING AND PREPARATION

MON

Rest day

DONE

TUE

4 miles at an easy pace

TIME

DONE

WED

5 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training  
(cycling, swimming, or strength training)

TIME

DONE

FRI

4 miles at an easy pace

TIME

DONE

SAT

8 miles

TIME

DONE

SUN

Rest day



# WEEK 15

# TAPERING AND PREPARATION

MON

Rest day

DONE

TUE

4 miles at an easy pace

TIME

DONE

WED

5 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training  
(cycling, swimming, or strength training)

TIME

DONE

FRI

4 miles at an easy pace

TIME

DONE

SAT

9 miles

TIME

DONE

SUN

Rest day

DONE



# WEEK 16

# TAPERING AND PREPARATION

MON

Rest day

DONE

TUE

4 miles at an easy pace

TIME

DONE

WED

5 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training  
(cycling, swimming, or strength training)

TIME

DONE

FRI

4 miles at an easy pace

TIME

DONE

SAT

10 miles

TIME

DONE

SUN

Rest day

DONE





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# INTERMEDIATE



# MARATHON TRAINING GUIDE





# WEEK 1

## BASE BUILDING

MON

Rest day

DONE



TUE

4 miles at an easy pace

TIME

DONE



WED

6 miles, including hill repeats or tempo runs

TIME

DONE



THU

Cross-training  
(cycling, swimming, or strength training)

TIME

DONE



FRI

4 miles at an easy pace

TIME

DONE



SAT

8 miles

TIME

DONE



SUN

Rest day

DONE





# WEEK 2

## BASE BUILDING

MON

Rest day

DONE



TUE

4 miles at an easy pace

TIME

DONE



WED

6 miles, including hill repeats or tempo runs

TIME

DONE



THU

Cross-training  
(cycling, swimming, or strength training)

TIME

DONE



FRI

4 miles at an easy pace

TIME

DONE



SAT

8 miles

TIME

DONE



SUN

Rest day

DONE





# WEEK 3

## BASE BUILDING

MON

Rest day

DONE



TUE

4 miles at an easy pace

TIME

DONE



WED

6 miles, including hill repeats or tempo runs

TIME

DONE



THU

Cross-training  
(cycling, swimming, or strength training)

TIME

DONE



FRI

4 miles at an easy pace

TIME

DONE



SAT

9 miles

TIME

DONE



SUN

Rest day

DONE



# WEEK 4 BASE BUILDING



MON

Rest day

DONE



TUE

4 miles at an easy pace

TIME

DONE



WED

6 miles, including hill repeats or tempo runs

TIME

DONE



THU

Cross-training  
(cycling, swimming, or strength training)

TIME

DONE



FRI

4 miles at an easy pace

TIME

DONE



SAT

10 miles

TIME

DONE



SUN

Rest day

DONE



# WEEK 5

# BUILDING ENDURANCE

MON

Rest day

DONE

TUE

5 miles at an easy pace

TIME

DONE

WED

7 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training  
(cycling, swimming, or strength training)

TIME

DONE

FRI

5 miles at an easy pace

TIME

DONE

SAT

11 miles

TIME

DONE

SUN

Rest day

DONE



# WEEK 6 BUILDING ENDURANCE

MON

Rest day

DONE

TUE

5 miles at an easy pace

TIME

DONE

WED

7 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training  
(cycling, swimming, or strength training)

TIME

DONE

FRI

5 miles at an easy pace

TIME

DONE

SAT

11 miles

TIME

DONE

SUN

Rest day

DONE



# WEEK 7

# BUILDING ENDURANCE

MON

Rest day

DONE

TUE

5 miles at an easy pace

TIME

DONE

WED

7 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training  
(cycling, swimming, or strength training)

TIME

DONE

FRI

5 miles at an easy pace

TIME

DONE

SAT

12 miles

SUN

Rest day

DONE



# WEEK 8 BUILDING ENDURANCE

MON

Rest day

DONE

TUE

5 miles at an easy pace

TIME

DONE

WED

7 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training  
(cycling, swimming, or strength training)

TIME

DONE

FRI

5 miles at an easy pace

TIME

DONE

SAT

13 miles

TIME

DONE

SUN

Rest day

DONE



# WEEK 9

## INCREASING MILEAGE AND INTENSITY

MON

Rest day

DONE

TUE

6 miles at an easy pace

TIME

DONE

WED

8 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training  
(cycling, swimming, or strength training)

TIME

DONE

FRI

6 miles at an easy pace

TIME

DONE

SAT

16 miles

TIME

DONE

SUN

Rest day

DONE

# WEEK 10

# INCREASING MILEAGE AND INTENSITY

MON

Rest day

DONE

TUE

6 miles at an easy pace

TIME

DONE

WED

8 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training  
(cycling, swimming, or strength training)

TIME

DONE

FRI

6 miles at an easy pace

TIME

DONE

SAT

16 miles

TIME

DONE

SUN

Rest day

DONE

# WEEK 11

## INCREASING MILEAGE AND INTENSITY

MON

Rest day

DONE

TUE

6 miles at an easy pace

TIME

DONE

WED

8 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training  
(cycling, swimming, or strength training)

TIME

DONE

FRI

6 miles at an easy pace

TIME

DONE

SAT

17 miles

TIME

DONE

SUN

Rest day

DONE

# WEEK 12

# INCREASING MILEAGE AND INTENSITY

MON

Rest day

DONE

TUE

6 miles at an easy pace

TIME

DONE

WED

8 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training  
(cycling, swimming, or strength training)

TIME

DONE

FRI

6 miles at an easy pace

TIME

DONE

SAT

18 miles

TIME

DONE

SUN

Rest day

DONE

# WEEK 13

# TAPERING AND PREPARATION

MON

Rest day

DONE

TUE

5 miles at an easy pace

TIME

DONE

WED

6 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training  
(cycling, swimming, or strength training)

TIME

DONE

FRI

5 miles at an easy pace

TIME

DONE

SAT

10 miles

TIME

DONE

SUN

Rest day

DONE



# WEEK 14

# TAPERING AND PREPARATION

MON

Rest day

DONE

TUE

5 miles at an easy pace

TIME

DONE

WED

6 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training  
(cycling, swimming, or strength training)

TIME

DONE

FRI

5 miles at an easy pace

TIME

DONE

SAT

10 miles

TIME

DONE

SUN

Rest day

DONE



# WEEK 15

# TAPERING AND PREPARATION

MON

Rest day

DONE

TUE

5 miles at an easy pace

TIME

DONE

WED

6 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training  
(cycling, swimming, or strength training)

TIME

DONE

FRI

5 miles at an easy pace

TIME

DONE

SAT

11 miles

TIME

DONE

SUN

Rest day

DONE



# WEEK 16

# TAPERING AND PREPARATION

MON

Rest day

DONE

TUE

5 miles at an easy pace

TIME

DONE

WED

6 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training  
(cycling, swimming, or strength training)

TIME

DONE

FRI

5 miles at an easy pace

TIME

DONE

SAT

12 miles

TIME

DONE

SUN

Rest day

DONE





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 DO VALE DO GRANDE  
**348**  
 PEDRO AMARO  
 FP PARA A PAZ MUNDIAL E UNIFICAÇÃO

CORRIDA 10KM  
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# ADVANCED



# MARATHON TRAINING GUIDE



# WEEK 1

## BASE BUILDING



MON

Rest day

DONE



TUE

6 miles at an easy pace

TIME

DONE



WED

8 miles, including hill repeats or tempo runs

TIME

DONE



THU

Cross-training  
(cycling, swimming, or strength training)

TIME

DONE



FRI

6 miles at an easy pace

TIME

DONE



SAT

12 miles

TIME

DONE



SUN

Rest day

DONE



# WEEK 2

## BASE BUILDING



MON

Rest day

DONE



TUE

6 miles at an easy pace

TIME

DONE



WED

8 miles, including hill repeats or tempo runs

TIME

DONE



THU

Cross-training  
(cycling, swimming, or strength training)

TIME

DONE



FRI

6 miles at an easy pace

TIME

DONE



SAT

12 miles

TIME

DONE



SUN

Rest day

DONE





# WEEK 3 BASE BUILDING

MON

Rest day

DONE



TUE

6 miles at an easy pace

TIME

DONE



WED

8 miles, including hill repeats or tempo runs

TIME

DONE



THU

Cross-training  
(cycling, swimming, or strength training)

TIME

DONE



FRI

6 miles at an easy pace

TIME

DONE



SAT

13 miles

TIME

DONE



SUN

Rest day

DONE





# WEEK 4 BASE BUILDING

MON

Rest day

DONE



TUE

6 miles at an easy pace

TIME

DONE



WED

8 miles, including hill repeats or tempo runs

TIME

DONE



THU

Cross-training  
(cycling, swimming, or strength training)

TIME

DONE



FRI

6 miles at an easy pace

TIME

DONE



SAT

14 miles

TIME

DONE



SUN

Rest day

DONE



# WEEK 5

# BUILDING ENDURANCE

MON

Rest day

DONE

TUE

7 miles at an easy pace

TIME

DONE

WED

9 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training  
(cycling, swimming, or strength training)

TIME

DONE

FRI

7 miles at an easy pace

TIME

DONE

SAT

16 miles

TIME

DONE

SUN

Rest day

DONE



# WEEK 6 BUILDING ENDURANCE

MON

Rest day

DONE

TUE

7 miles at an easy pace

TIME

DONE

WED

9 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training  
(cycling, swimming, or strength training)

TIME

DONE

FRI

7 miles at an easy pace

TIME

DONE

SAT

16 miles

TIME

DONE

SUN

Rest day

DONE



# WEEK 7

# BUILDING ENDURANCE

MON

Rest day

DONE

TUE

7 miles at an easy pace

TIME

DONE

WED

9 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training  
(cycling, swimming, or strength training)

TIME

DONE

FRI

7 miles at an easy pace

TIME

DONE

SAT

17 miles

TIME

DONE

SUN

Rest day

DONE



# WEEK 8

# BUILDING ENDURANCE

MON

Rest day

DONE

TUE

7 miles at an easy pace

TIME

DONE

WED

9 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training  
(cycling, swimming, or strength training)

TIME

DONE

FRI

7 miles at an easy pace

TIME

DONE

SAT

18 miles

TIME

DONE

SUN

Rest day

DONE



# WEEK 9

## INCREASING MILEAGE AND INTENSITY

MON

Rest day

DONE

TUE

8 miles at an easy pace

TIME

DONE

WED

10 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training  
(cycling, swimming, or strength training)

TIME

DONE

FRI

8 miles at an easy pace

TIME

DONE

SAT

20 miles

TIME

DONE

SUN

Rest day

DONE

# WEEK 10

## INCREASING MILEAGE AND INTENSITY

MON

Rest day

DONE

TUE

8 miles at an easy pace

TIME

DONE

WED

10 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training  
(cycling, swimming, or strength training)

TIME

DONE

FRI

8 miles at an easy pace

TIME

DONE

SAT

20 miles

TIME

DONE

SUN

Rest day

DONE

# WEEK 11

# INCREASING MILEAGE AND INTENSITY

MON

Rest day

DONE

TUE

8 miles at an easy pace

TIME

DONE

WED

10 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training  
(cycling, swimming, or strength training)

TIME

DONE

FRI

8 miles at an easy pace

TIME

DONE

SAT

21 miles

TIME

DONE

SUN

Rest day

DONE

# WEEK 12

# INCREASING MILEAGE AND INTENSITY

MON

Rest day

DONE

TUE

8 miles at an easy pace

TIME

DONE

WED

10 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training  
(cycling, swimming, or strength training)

TIME

DONE

FRI

8 miles at an easy pace

TIME

DONE

SAT

22 miles

TIME

DONE

SUN

Rest day

DONE

# WEEK 13

# TAPERING AND PREPARATION

MON

Rest day

DONE

TUE

7 miles at an easy pace

TIME

DONE

WED

8 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training  
(cycling, swimming, or strength training)

TIME

DONE

FRI

7 miles at an easy pace

TIME

DONE

SAT

12 miles

TIME

DONE

SUN

Rest day

DONE



# WEEK 14

# TAPERING AND PREPARATION

MON

Rest day

DONE

TUE

7 miles at an easy pace

TIME

DONE

WED

8 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training  
(cycling, swimming, or strength training)

TIME

DONE

FRI

7 miles at an easy pace

TIME

DONE

SAT

12 miles

TIME

DONE

SUN

Rest day

DONE



# WEEK 15

# TAPERING AND PREPARATION

MON

Rest day

DONE

TUE

7 miles at an easy pace

TIME

DONE

WED

8 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training  
(cycling, swimming, or strength training)

TIME

DONE

FRI

7 miles at an easy pace

TIME

DONE

SAT

13 miles

TIME

DONE

SUN

Rest day

DONE



# WEEK 16

# TAPERING AND PREPARATION

MON

Rest day

DONE

TUE

7 miles at an easy pace

TIME

DONE

WED

8 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training  
(cycling, swimming, or strength training)

TIME

DONE

FRI

7 miles at an easy pace

TIME

DONE

SAT

14 miles

TIME

DONE

SUN

Rest day

DONE

