CoachJenny.com

MARATHON BEGINNING RUN

TRAINING PLAN

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
MODE	Run	Cross-Train +ST	Run	Cross-Train +ST	Run	Run	Rest Day
INTENSITY	Easy Effort	Moderate Effort	Moderate Effort	Moderate Effort	Easy Effort	Conversational Effort	
i-RATE SCALE	6 - 7	7 - 8	7 - 8	7 - 8	6 - 7	6 - 7+	
HEART RATE	65 - 75%	70 - 75%	75 - 80%	70 - 75%	65 - 75%	70 - 75%	
WEEK 1	40 minutes	30-45 minutes	45 minutes	30-45 minutes	30-40 minutes	5 miles	Rest
WEEK 2	40 minutes	30-45 minutes	45 minutes	30-45 minutes	30-40 minutes	6 miles	Rest
WEEK 3	40 minutes	30-45 minutes	45 minutes	30-45 minutes	30-40 minutes	7 miles	Rest
WEEK 4	40 minutes	30-45 minutes	50 minutes	30-45 minutes	30 minutes	6 miles	Rest
WEEK 5	45 minutes	30-45 minutes	50 minutes	30-45 minutes	30-40 minutes	8 miles	Rest
WEEK 6	45 minutes	30-45 minutes	50 minutes	30-45 minutes	30-40 minutes	9 miles	Rest
WEEK 7	45 minutes	30-45 minutes	60 minutes	30-45 minutes	30 minutes	6 miles	Rest
WEEK 8	45 minutes	30-45 minutes	60 minutes	30-45 minutes	40 minutes	10 miles	Rest
WEEK 9	45 minutes	30-45 minutes	60 minutes	30-45 minutes	40 minutes	12 miles	Rest
WEEK 10	40 minutes	30-45 minutes	60 minutes	30-45 minutes	30 minutes	7 miles	Rest
WEEK 11	50 minutes	30-45 minutes	60 minutes	30-45 minutes	40 minutes	14 miles	Rest
WEEK 12	50 minutes	30-45 minutes	60 minutes	30-45 minutes	30 minutes	8 miles	Rest
WEEK 13	50 minutes	30-45 minutes	60 minutes	30-45 minutes	40 minutes	16 miles	Rest
WEEK 14	45 minutes	30-45 minutes	Tempo A	30-45 minutes	40 minutes	8 miles	Rest
WEEK 15	50 minutes	30-45 minutes	Tempo A	30 minutes	40 minutes	18 miles	Rest
WEEK 16	45 minutes	30-45 minutes	Tempo A	30-45 minutes	30 minutes	10 miles	Rest
WEEK 17	50 minutes	30-45 minutes	Tempo A	30 minutes	40 minutes	20 miles	Rest
WEEK 18	45 minutes	40 minutes	Tempo B	40 minutes	40 minutes	10 miles	Rest
WEEK 19	45 minutes	30 minutes	Tempo B	30 minutes	30 minutes	6 miles	Rest
WEEK 20	40 minutes	Rest	30 minutes	Rest	20-25 minutes	Rest	**Race Day**