CoachJenny.com

MARATHON RUN-WALK

TRAINING PLAN

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
MODE	Run-Walk	Cross-Training +ST	Run-Walk	Cross-Training +ST	Run-Walk/Rest	Run-Walk	Rest Day
INTENSITY	Easy Effort	Moderate Effort	Easy Effort	Moderate Effort	Moderate Effort	Conversational Effort	
i-RATE SCALE	7	7 - 8	7 - 8	7	7 - 8	6 - 7	
HEART RATE	70 - 75%	75 - 80%	75 - 80%	70 - 75%	75 - 80%	65 - 75%	
WEEK 1	40 minutes Run 4 min/Walk 1 min Repeat 8 times	30-40 minutes	40 minutes Run 4 min/Walk 1 min Repeat 8 times	30-40 minutes	30 minutes Run 4 min/Walk 1 min Repeat 6 times	5 miles Run 4 min/Walk 2 min Repeat continuously	Rest
WEEK 2	40 minutes Run 4 min/Walk 1 min Repeat 8 times	30-40 minutes	40 minutes Run 4 min/Walk 1 min Repeat 8 times	30-40 minutes	30 minutes Run 4 min/Walk 1 min Repeat 6 times	6 miles Run 4 min/Walk 2 min Repeat continuously	Rest
WEEK 3	40 minutes Run 4 min/Walk 1 min Repeat 8 times	30-40 minutes	45 minutes Run 4 min/Walk 1 min Repeat 9 times	30-40 minutes	30 minutes Run 4 min/Walk 1 min Repeat 6 times	7 miles Run 4 min/Walk 2 min Repeat continuously	Rest
WEEK 4	45 minutes Run 4 min/Walk 1 min Repeat 9 times	30-40 minutes	45 minutes Run 4 min/Walk 1 min Repeat 9 times	Rest	30 minutes Run 4 min/Walk 1 min Repeat 6 times	6 miles Run 4 min/Walk 2 min Repeat continuously	Rest
WEEK 5	45 minutes Run 4 min/Walk 1 min Repeat 9 times	30-40 minutes	45 minutes Run 4 min/Walk 1 min Repeat 9 times	30-40 minutes	30 minutes Run 4 min/Walk 1 min Repeat 6 times	8 miles Run 4 min/Walk 2 min Repeat continuously	Rest
WEEK 6	45 minutes Run 4 min/Walk 1 min Repeat 9 times	30-40 minutes	50 minutes Run 4 min/Walk 1 min Repeat 10 times	30-40 minutes	30 minutes Run 4 min/Walk 1 min Repeat 6 times	9 miles Run 4 min/Walk 2 min Repeat continuously	Rest
WEEK 7	45 minutes Run 4 min/Walk 1 min Repeat 9 times	30-40 minutes	50 minutes Run 4 min/Walk 1 min Repeat 10 times	Rest	30 minutes Run 4 min/Walk 1 min Repeat 6 times	6 miles Run 4 min/Walk 1 min Repeat continuously	Rest
WEEK 8	50 minutes Run 4 min/Walk 1 min Repeat 10 times	30-40 minutes	50 minutes Run 4 min/Walk 1 min Repeat 10 times	30-40 minutes	30 minutes Run 4 min/Walk 1 min Repeat 6 times	10 miles Run 4 min/Walk 1 min Repeat continuously	Rest
WEEK 9	50 minutes Run 4 min/Walk 1 min Repeat 10 times	30-40 minutes	50 minutes Run 4 min/Walk 1 min Repeat 10 times	30-40 minutes	30 minutes Run 4 min/Walk 1 min Repeat 6 times	12 miles Run 4 min/Walk 1 min Repeat continuously	Rest
WEEK 10	50 minutes Run 4 min/Walk 1 min Repeat 10 times	30-40 minutes	54 minutes Run 5 min/Walk 1 min Repeat 9 times	Rest	30 minutes Run 4 min/Walk 1 min Repeat 6 times	6 miles Run 4 min/Walk 1 min Repeat continuously	Rest
WEEK 11	54 minutes Run 5 min/Walk 1 min Repeat 9 times	30-40 minutes	54 minutes Run 5 min/Walk 1 min Repeat 9 times	30-40 minutes	30 minutes Run 4 min/Walk 1 min Repeat 6 times	14 miles Run 4 min/Walk 1 min Repeat continuously	Rest
WEEK 12	54 minutes Run 5 min/Walk 1 min Repeat 9 times	30-40 minutes	54 minutes Run 5 min/Walk 1 min Repeat 9 times	Rest	30 minutes Run 4 min/Walk 1 min Repeat 6 times	7 miles Run 4 min/Walk 1 min Repeat continuously	Rest
WEEK 13	54 minutes Run 5 min/Walk 1 min Repeat 9 times	30-40 minutes	54 minutes Run 5 min/Walk 1 min Repeat 9 times	30-40 minutes	30 minutes Run 4 min/Walk 1 min Repeat 6 times	16 miles Run 4 min/Walk 1 min Repeat continuously	Rest
WEEK 14	48 minutes Run 5 min/Walk 1 min Repeat 8 times	30-40 minutes	60 minutes Run 5 min/Walk 1 min Repeat 10 times	30-40 minutes	30 minutes Run 4 min/Walk 1 min Repeat 6 times	8 miles Run 5 min/Walk 1 min Repeat continuously	Rest
WEEK 15	54 minutes Run 5 min/Walk 1 min Repeat 9 times	30-40 minutes	45 minutes Walk 3 min/Run 2 min Repeat 9 times	30-40 minutes	30 minutes Run 4 min/Walk 1 min Repeat 6 times	18 miles Run 5 min/Walk 1 min Repeat continuously	Rest
WEEK 16	54 minutes Run 5 min/Walk 1 min Repeat 9 times	30-40 minutes	60 minutes Run 5 min/Walk 1 min Repeat 10 times	Rest	30 minutes Run 4 min/Walk 1 min Repeat 6 times	8 miles Run 5 min/Walk 1 min Repeat continuously	Rest
WEEK 17	54 minutes Run 5 min/Walk 1 min Repeat 9 times	30-40 minutes	60 minutes Run 5 min/Walk 1 min Repeat 10 times	30-40 minutes	30 minutes Run 4 min/Walk 1 min Repeat 6 times	20 miles Run 5 min/Walk 1 min Repeat continuously	Rest
WEEK 18	48 minutes Run 5 min/Walk 1 min Repeat 8 times	30-40 minutes	54 minutes Run 5 min/Walk 1 min Repeat 9 times	30-40 minutes	30-40 minutes 30 minutes Run 4 min/Walk 1 min	10 miles Run 5 min/Walk 1 min Repeat continuously	Rest
WEEK 19	48 minutes Run 5 min/Walk 1 min Repeat 8 times	30 minutes	48 minutes Run 5 min/Walk 1 min Repeat 8 times	30-40 minutes	30 minutes Run 4 min/Walk 1 min Repeat 6 times	6 miles Run 5 min/Walk 1 min Repeat continuously	Rest
WEEK 20	42 minutes Run 5 min/Walk 1 min Repeat 8 times	30 minutes	42 minutes Run 5 min/Walk 1 min Repeat 8 times	Rest	20 minutes Run 4 min/Walk 1 min Repeat 5 times	Rest	Race Day Run-Walk 5/1