CoachJenny.com

MARATHON WALK

TRAINING PLAN

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