CoachJenny.com

MARATHON WALK-RUN

TRAINING PLAN

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
MODE	Walk-Run +ST	Cross-Training	Walk	Walk-Run +ST	Walk	Walk-Run Endurance	Rest Day
INTENSITY	Easy Pace	Moderate	Moderate	Easy Pace	Moderate	Conversational Pace	
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	32 minutes Walk 3 min/Run 1 min Repeat 8 times	30-40 minutes	40 minutes	32 minutes Walk 3 min/Run 1 min Repeat 8 times	30-40 minutes	5 miles Walk 4 min/Run 1 min Repeat continuously	Rest
WEEK 2	32 minutes Walk 3 min/Run 1 min Repeat 8 times	30-40 minutes	40 minutes	32 minutes Walk 3 min/Run 1 min Repeat 8 times	30-40 minutes	6 miles Walk 4 min/Run 1 min Repeat continuously	Rest
WEEK 3	32 minutes Walk 3 min/Run 1 min Repeat 8 times	30-40 minutes	40 minutes	32 minutes Walk 3 min/Run 1 min Repeat 8 times	30-40 minutes	7 miles Walk 4 min/Run 1 min Repeat continuously	Rest
WEEK 4	40 minutes Walk 3 min/Run 1 min Repeat 10 times	30-40 minutes	45 minutes	40 minutes Walk 3 min/Run 1 min Repeat 10 times	30-40 minutes	6 miles Walk 4 min/Run 1 min Repeat continuously	Rest
WEEK 5	40 minutes Walk 3 min/Run 1 min Repeat 10 times	30-40 minutes	45 minutes	40 minutes Walk 3 min/Run 1 min Repeat 10 times	30-40 minutes	8 miles Walk 4 min/Run 1 min Repeat continuously	Rest
WEEK 6	40 minutes Walk 3 min/Run 1 min Repeat 10 times	30-40 minutes	45 minutes	40 minutes Walk 3 min/Run 1 min Repeat 10 times	30-40 minutes	9 miles Walk 4 min/Run 1 min Repeat continuously	Rest
WEEK 7	48 minutes Walk 3 min/Run 1 min Repeat 12 times	30-40 minutes	50 minutes	40 minutes Walk 3 min/Run 2 min Repeat 8 times	30-40 minutes	6 miles Walk 3 min/Run 1 min Repeat continuously	Rest
WEEK 8	48 minutes Walk 3 min/Run 1 min Repeat 12 times	30-40 minutes	50 minutes	40 minutes Walk 3 min/Run 2 min Repeat 8 times	30-40 minutes	10 miles Walk 3 min/Run 1 min Repeat continuously	Rest
WEEK 9	48 minutes Walk 3 min/Run 1 min Repeat 12 times	30-40 minutes	50 minutes	40 minutes Walk 3 min/Run 2 min Repeat 8 times	30-40 minutes	12 miles Walk 3 min/Run 1 min Repeat continuously	Rest
WEEK 10	45 minutes Walk 3 min/Run 2 min Repeat 10 times	30-40 minutes	60 minutes	50 minutes Walk 3 min/Run 2 min Repeat 10 times	30-40 minutes	6 miles Walk 3 min/Run 1 min Repeat continuously	Rest
WEEK 11	45 minutes Walk 3 min/Run 2 min Repeat 10 times	30-40 minutes	60 minutes	50 minutes Walk 3 min/Run 2 min Repeat 10 times	30-40 minutes	14 miles Walk 3 min/Run 1 min Repeat continuously	Rest
WEEK 12	45 minutes Walk 3 min/Run 2 min Repeat 10 times	30-40 minutes	60 minutes	50 minutes Walk 3 min/Run 2 min Repeat 10 times	30-40 minutes	8 miles Walk 3 min/Run 2 min Repeat continuously	Rest
WEEK 13	50 minutes Walk 3 min/Run 2 min Repeat 10 times	30-40 minutes	60 minutes	50 minutes Walk 3 min/Run 2 min Repeat 10 times	30-40 minutes	16 miles Walk 3 min/Run 1 min Repeat continuously	Rest
WEEK 14	48 minutes Walk 3 min/Run 1 min Repeat 12 times	30-40 minutes	50 minutes	50 minutes Walk 3 min/Run 2 min Repeat 10 times	30-40 minutes	8 miles Walk 3 min/Run 2 min Repeat 5 times	Rest
WEEK 15	50 minutes Walk 3 min/Run 2 min Repeat 10 times	30-40 minutes	60 minutes	45 minutes Walk 3 min/Run 2 min Repeat 9 times	30-40 minutes	18 miles Walk 3 min/Run 1 min Repeat continuously	Rest
WEEK 16	48 minutes Walk 3 min/Run 1 min Repeat 12 times	30-40 minutes	50 minutes	50 minutes Walk 3 min/Run 2 min Repeat 10 times	30-40 minutes	8 miles Walk 3 min/Run 2 min Repeat 5 times	Rest
WEEK 17	50 minutes Walk 3 min/Run 2 min Repeat 10 times	30-40 minutes	60 minutes	45 minutes Walk 3 min/Run 2 min Repeat 9 times	30-40 minutes	20 miles Walk 3 min/Run 1 min Repeat continuously	Rest
WEEK 18	48 minutes Walk 3 min/Run 1 min Repeat 12 times	30-40 minutes	50 minutes	45 minutes Walk 3 min/Run 2 min Repeat 9 times	30-40 minutes	10 miles Walk 3 min/Run 2 min Repeat continuously	Rest
WEEK 19	45 minutes Walk 3 min/Run 2 min Repeat 9 times	30-40 minutes	40 minutes	45 minutes Walk 3 min/Run 2 min Repeat 9 times	30-40 minutes	6 miles Walk 3 min/Run 2 min Repeat continuously	Rest
WEEK 20	30 minutes Walk 3 min/Run 2 min Repeat 6 times	Rest	30 minutes	20 minutes Walk 3 min/Run 2 min Repeat 4 times	Rest	16 minutes Walk 3 min/Run 1 min Repeat 4 times	**Race Day** **Walk/Run 3/2** Repeat Continuously