



18-Week Marathon Training Plan

small changes today for a healthier tomorrow

FIT SCHOOL, INC.

Week 1

Day	Workout
Monday	Speed Workout : 10 minute slow running warm-up 1 minute at your current 1-mile pace / 1 minute slow for 20 minutes 10 minutes slow running cool-down
Tuesday	Off or 2 miles slow, relaxed run
Wednesday	2 miles slow, relaxed run
Thursday	Pacing Workout: 10 minute slow running warm-up (3 minutes at your current 10K pace / 3 minutes slow) x 4 10 minutes slow running cool-down
Friday	2 miles slow, relaxed run
Saturday	6 mile run
Sunday	Off

Week 2

Day	Workout
Monday	Speed Workout : 10 minute slow running warm-up 1 minute at your current 1-mile pace / 1 minute slow for 20 minutes 10 minutes slow running cool-down
Tuesday	Off or 2 miles slow, relaxed run
Wednesday	2 miles slow, relaxed run
Thursday	Pacing Workout: 10 minute slow running warm-up (3 minutes at your current 10K pace / 3 minutes slow) x 4 10 minutes slow running cool-down
Friday	2 miles slow, relaxed run
Saturday	7 mile run
Sunday	Off



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Week 3

Day	Workout
Monday	Speed Workout : 10 minute slow running warm-up 30 seconds at your current 1-mile pace / 1 minute slow, 1 minute at your current 1-mile pace / 1 minute slow, 90 seconds at your current 1-mile pace / 1 minute slow Continue this repetition for 20 minutes 10 minutes slow running cool-down
Tuesday	Off or 2 miles slow, relaxed run
Wednesday	2 miles slow, relaxed run
Thursday	Pacing Workout: 10 minute slow running warm-up (5 minutes at your current 10K pace / 3 minutes slow) x 3 10 minutes slow running cool-down
Friday	2 miles slow, relaxed run
Saturday	8 mile run
Sunday	Off

Week 4

Day	Workout
Monday	Speed Workout : 10 minute slow running warm-up 30 seconds at your current 1-mile pace / 1 minute slow, 1 minute at your current 1-mile pace / 1 minute slow, 90 seconds at your current 1-mile pace / 1 minute slow Continue this repetition for 20 minutes 10 minutes slow running cool-down
Tuesday	Off or 2 miles slow, relaxed run
Wednesday	2 miles slow, relaxed run
Thursday	Pacing Workout: 10 minute slow running warm-up (5 minutes at your current 10K pace / 3 minutes slow) x 3 10 minutes slow running cool-down
Friday	2 miles slow, relaxed run
Saturday	9 mile run
Sunday	Off



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Week 5

Day	Workout
Monday	Speed Workout : 10 minute slow running warm-up 2 minutes at your current 1-mile pace / 2 minute slow for 20 minutes 10 minutes slow running cool-down
Tuesday	Off or 2 miles slow, relaxed run
Wednesday	3 miles slow, relaxed run
Thursday	Pacing Workout: 10 minute slow running warm-up (7 minutes at your current 10K pace / 3 minutes slow) x 3 10 minutes slow running cool-down
Friday	3 miles slow, relaxed run
Saturday	10 mile run
Sunday	Off

Week 6

Day	Workout
Monday	Speed Workout : 10 minute slow running warm-up 2 minutes at your current 1-mile pace / 2 minute slow for 20 minutes 10 minutes slow running cool-down
Tuesday	Off or 2 miles slow, relaxed run
Wednesday	3 miles slow, relaxed run
Thursday	Pacing Workout: 10 minute slow running warm-up (7 minutes at your current 10K pace / 3 minutes slow) x 3 10 minutes slow running cool-down
Friday	3 miles slow, relaxed run
Saturday	11 mile run
Sunday	Off



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Week 7

Day	Workout
Monday	Speed Workout : 10 minute slow running warm-up 1 minute at your current 1-mile pace / 1 minute slow for 25 minutes 10 minutes slow running cool-down
Tuesday	Off or 2 miles slow, relaxed run
Wednesday	4 miles slow, relaxed run
Thursday	Pacing Workout: 10 minute slow running warm-up (10 minutes at your current 10K pace / 3 minutes slow) x 2 10 minutes slow running cool-down 10 minutes slow running cool-down
Friday	4 miles slow, relaxed run
Saturday	12 mile run
Sunday	Off

Week 8

Day	Workout
Monday	Speed Workout : 10 minute slow running warm-up 1 minute at your current 1-mile pace / 1 minute slow for 25 minutes 10 minutes slow running cool-down
Tuesday	Off or 2 miles slow, relaxed run
Wednesday	4 miles slow, relaxed run
Thursday	Pacing Workout: 10 minute slow running warm-up (10 minutes at your current 10K pace / 3 minutes slow) x 2 10 minutes slow running cool-down
Friday	4 miles slow, relaxed run
Saturday	6 mile run
Sunday	Off



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Week 9

Day	Workout
Monday	Speed Workout : 10 minute slow running warm-up 30 seconds at your current 1-mile pace / 1 minute slow, 1 minute at your current 1-mile pace / 1 minute slow, 90 seconds at your current 1-mile pace / 1 minute slow Continue this repetition for 25 minutes, 10 minutes slow running cool-down
Tuesday	Off or 2 miles slow, relaxed run
Wednesday	5 miles slow, relaxed run
Thursday	Pacing Workout: 10 minute slow running warm-up (10 minutes at your current 10K pace / 3 minutes slow) x 2 10 minutes slow running cool-down
Friday	5 miles slow, relaxed run
Saturday	14 mile run
Sunday	Off

Week 10

Day	Workout
Monday	Speed Workout : 10 minute slow running warm-up 30 seconds at your current 1-mile pace / 1 minute slow, 1 minute at your current 1-mile pace / 1 minute slow, 90 seconds at your current 1-mile pace / 1 minute slow Continue this repetition for 25 minutes, 10 minutes slow running cool-down
Tuesday	Off or 2 miles slow, relaxed run
Wednesday	5 miles slow, relaxed run
Thursday	Pacing Workout: 10 minute slow running warm-up (10 minutes at your current 10K pace / 3 minutes slow) x 2 10 minutes slow running cool-down
Friday	5 miles slow, relaxed run
Saturday	7 mile run
Sunday	Off



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Week 11

Day	Workout
Monday	Speed Workout : 10 minute slow running warm-up 2 minutes at your current 1-mile pace / 2 minute slow for 25 minutes 10 minutes slow running cool-down
Tuesday	Off or 2 miles slow, relaxed run
Wednesday	6 miles slow, relaxed run
Thursday	Pacing Workout: 10 minute slow running warm-up 15 minutes at your current 10K pace / 3 minutes slow / 5 minutes at you current 10K pace 10 minutes slow running cool-down
Friday	6 miles slow, relaxed run
Saturday	16 mile run
Sunday	Off

Week 12

Day	Workout
Monday	Speed Workout : 10 minute slow running warm-up 2 minutes at your current 1-mile pace / 2 minute slow for 25 minutes 10 minutes slow running cool-down
Tuesday	Off or 2 miles slow, relaxed run
Wednesday	6 miles slow, relaxed run
Thursday	Pacing Workout: 10 minute slow running warm-up 15 minutes at your current 10K pace / 3 minutes slow / 5 minutes at you current 10K pace 10 minutes slow running cool-down
Friday	6 miles slow, relaxed run
Saturday	8 mile run
Sunday	Off



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Week 13

Day	Workout
Monday	Speed Workout : 10 minute slow running warm-up 1 minute at your current 1-mile pace / 1 minute slow for 25 minutes 10 minutes slow running cool-down
Tuesday	Off or 2 miles slow, relaxed run
Wednesday	6 miles slow, relaxed run
Thursday	Pacing Workout: 10 minute slow running warm-up 20 minutes at your current 10K pace 10 minutes slow running cool-down
Friday	6 miles slow, relaxed run
Saturday	18 mile run
Sunday	Off

Week 14

Day	Workout
Monday	Speed Workout : 10 minute slow running warm-up 1 minute at your current 1-mile pace / 1 minute slow for 25 minutes 10 minutes slow running cool-down
Tuesday	Off or 2 miles slow, relaxed run
Wednesday	6 miles slow, relaxed run
Thursday	Pacing Workout: 10 minute slow running warm-up 20 minutes at your current 10K pace 10 minutes slow running cool-down
Friday	6 miles slow, relaxed run
Saturday	7 mile run
Sunday	Off



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Week 15

Day	Workout
Monday	Speed Workout : 10 minute slow running warm-up 30 seconds at your current 1-mile pace / 1 minute slow, 1 minute at your current 1-mile pace / 1 minute slow, 90 seconds at your current 1-mile pace / 1 minute slow Continue this repetition for 25 minutes 10 minutes slow running cool-down
Tuesday	Off or 2 miles slow, relaxed run
Wednesday	6 miles slow, relaxed run
Thursday	Pacing Workout: 10 minute slow running warm-up 22 minutes at your current 10K pace, 10 minutes slow running cool-down
Friday	6 miles slow, relaxed run
Saturday	20 mile run
Sunday	Off

Week 16

Day	Workout
Monday	Speed Workout : 10 minute slow running warm-up 30 seconds at your current 1-mile pace / 1 minute slow, 1 minute at your current 1-mile pace / 1 minute slow, 90 seconds at your current 1-mile pace / 1 minute slow Continue this repetition for 25 minutes, 10 minutes slow running cool-down
Tuesday	Off or 2 miles slow, relaxed run
Wednesday	6 miles slow, relaxed run
Thursday	Pacing Workout: 10 minute slow running warm-up 22 minutes at your current 10K pace, 10 minutes slow running cool-down
Friday	6 miles slow, relaxed run
Saturday	7 mile run
Sunday	Off



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Week 17

Day	Workout
Monday	Speed Workout : 10 minute slow running warm-up 1 minute at your current 1-mile pace / 1 minute slow for 20 minutes 10 minutes slow running cool-down
Tuesday	Off or 2 miles slow, relaxed run
Wednesday	5 miles slow, relaxed run
Thursday	Pacing Workout: 10 minute slow running warm-up 20 minutes at your current 10K pace 10 minutes slow running cool-down
Friday	5 miles slow, relaxed run
Saturday	6 mile run
Sunday	Off

Week 18

Day	Workout
Monday	Speed Workout : 10 minute slow running warm-up 1 minute at your current 1-mile pace / 1 minute slow for 15 minutes 10 minutes slow running cool-down
Tuesday	Off or 2 miles slow, relaxed run
Wednesday	4 miles slow, relaxed run
Thursday	Off or 2 miles slow, relaxed run
Friday	2 miles slow, relaxed run
Saturday	Marathon!!!
Sunday	Off