



12-Week Marathon Training Plan

Your goal is the finish line, ours is keeping you healthy every step of the way. This 12-week plan prioritizes smart progressions, purposeful cross-training, and recovery that protects your body as your mileage climbs. We're here to help you feel and perform your absolute best on race day.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Cross Training	3 Mile Run	4 Mile Run	25 Min Tempo Run	Active Recovery	6 Mile Run	Active Recovery
Week 2	Cross Training	3 Mile Run	5 Mile Run	30 Min Tempo Run	Active Recovery	8 Mile Run	Active Recovery
Week 3	Cross Training	3 Mile Run	6 Mile Run	3x Hills	Active Recovery	9 Mile Run	Active Recovery
Week 4	Cross Training	4 Mile Run	6 Mile Run	Rest / Shakeout	Active Recovery	10 Mile Run	Active Recovery
Week 5	Cross Training	4 Mile Run	7 Mile Run	4x Hills	Active Recovery	12 Mile Run	Active Recovery
Week 6	Cross Training	5 Mile Run	7 Mile Run	40 Min Tempo Run	Active Recovery	14 Mile Run	Active Recovery
Week 7	Cross Training	5 Mile Run	8 Mile Run	6x Hills	Active Recovery	16 Mile Run	Active Recovery
Week 8	Cross Training	5 Mile Run	8 Mile Run	45 Min Tempo Run	Active Recovery	18 Mile Run	Active Recovery
Week 9	Cross Training	5 Mile Run	8 Mile Run	7x Hills	Active Recovery	20 Mile Run	Active Recovery
Week 10	Cross Training	5 Mile Run	7 Mile Run	Rest / Shakeout	Active Recovery	13 Mile Run	Active Recovery
Week 11	Cross Training	4 Mile Run	5 Mile Run	45 Min Tempo Run	Active Recovery	12 Mile Run	Active Recovery
Week 12	Cross Training	3 Mile Run	3 Mile Run	Rest / Shakeout	2 Mile Run	Active Recovery	Race Day!

KEY TERMS:

- **Cross Training:** Goal is to get moving and elevate your heart rate – think stationary bike, elliptical, swimming, yoga class, or a brisk walk
- **Active Recovery:** Give your body what it needs – foam rolling, stretching, yoga, walking, rest, etc.
- **Regular Run:** Run at a consistent race pace while maintaining proper form throughout
- **Tempo Run:** Push yourself to maintain a comfortably hard and faster-than-usual pace for the duration of these runs
- **Long Run:** Maintain a consistent speed close to your goal race pace while building endurance
- **Hill Run:** Run up a moderate hill at a hard effort for 60-90 seconds & jog back down as recovery