

## Coach Kathy Fleming's 16 Week Marathon Training Schedule

### WEEK 1 (35-46 MILES)

Monday Distance - 3 to 5 miles  
Tuesday 2-3 miles easy  
Wednesday long or short track workout  
Thursday Easy 4-5 miles  
Friday 3 to 6 miles  
Saturday 7 miles with middle 4 miles being marathon pace  
Sunday 10 to 12 miles, easy pace

### WEEK 2 (34-48 MILES)

Monday Rest Day - 0 to 3 miles  
Tuesday Easy 5-6 miles  
Wednesday Long or short track workout  
Thursday 4-7 miles easy  
Friday 3x mile @ Tempo run( 1/2 marathon pace)pace with 1 min slow between each within 8-9 mile run  
Saturday 2 to 5 miles  
Sunday 10 to 12 miles, easy pace

### WEEK 3 (42-54 MILES)

Monday Rest Day - 0 to 3 miles  
Tuesday 4-5 miles  
Wednesday Long or short track workout  
Thursday 8-10 miles  
Friday Distance - 4 to 6 miles  
Saturday Tempo - 8 to 10 miles with 30 to 40 minutes in the middle at marathon pace  
Sunday 12 to 14 miles, easy, steady pace

### WEEK 4 (40-50 MILES)

Monday Rest Day - 2 to 4 miles  
Tuesday 4-5 miles  
Wednesday Long or short track workout  
Thursday 5-6miles easy  
Friday 7-8 miles  
Saturday 0-3 miles  
Sunday 16 to 18, with last 6 miles at marathon pace

### WEEK 5 (46-62 MILES)

Monday Rest Day - 0 to 5 miles  
Tuesday easy 6-7 miles  
Wednesday Long or short track workout  
Thursday 10 to 12 miles  
Friday 4 to 6 miles  
Saturday 6 to 8 miles  
Sunday 16 to 18 miles, easy pace

WEEK 6 (40- 48 Miles)

Monday- Rest Day - 0 to 3 miles

Tuesday - easy 5-6 miles easy

Wednesday-Long or short track workout

Thursday easy 6-7 miles

Friday Rest Day -

Saturday Distance - tempo run within 10 mile run. 20 min easy, 20 min tempo @ 70% effort, 10 min easy , 10 min tempo @ 75% effort, 20 min cool down

Sunday 13-15 miles steady pace

WEEK 7 (41-52 miles)

Monday Rest Day - 0 to 3 miles

Tuesday Easy 5-6 miles easy

Wednesday long or short track session

Thursday Easy 6-7 miles

Friday 8-10 mile run with light fartlek of 4x 3 min at tempo run pace or 1/2 marathon pace with 3 min rest jog between each effort

Saturday easy 0-3 miles

Sunday 15 to 17 miles, with last 6 miles slightly faster than marathon pace, first 9-11 relaxed and easy pace

WEEK 8 (38-52 MILES)

Monday Rest Day - 0 to 3 miles

Tuesday Interval - 5-6 miles easy

Wednesday Track workout (long or short)

Thursday Easy 6-7 miles

Friday 7-9 mile run, with a Tempo run of 3 x 10 min, each 10 min effort to be run at 1/2 marathon pace or slightly faster than marathon pace, 5 min easy between each effort, 15 min warmup, 20 min cool down

Saturday Distance - 0- 3 rest day

Sunday 13- 16 miles

WEEK 9 (44-54 miles)

Monday Rest Day - 0 to 3 miles

Tuesday Easy 5-6 miles steady

Wednesday long or short track workout

Thursday easy 7-9 miles

Friday Easy 5-6 miles

Saturday Rest 0-3 miles

Sunday 18 to 20 miles, with miles 8 to 12 at marathon pace

WEEK 10 (43-55 MILES)

Monday Rest Day - 0 to 4 miles

Tuesday Easy 5-6 miles steady

Wednesday long or short track workout

Thursday easy recovery run 5-7 miles

Friday Easy 3-5 miles

Saturday Fartlek run within 8-10 miles, easy 20 min, 10x 1 min @ 80% or 10 k pace with 1 min easy

between each, cool down

Sunday 16-18 miles, easy, steady pace

#### WEEK 11 (40-50 MILES)

Monday Rest Day - 0 to 3 miles

Tuesday easy 5-6 miles steady

Wednesday long or short track workout

Thursday easy 3-5 miles

Friday Light tempo in 6 mile run, run 3 middle miles @ 75% or half marathon pace

Saturday rest day 0-3 miles

Sunday 19 to 21 miles, running miles 9 through 12 at marathon pace or slightly faster

#### WEEK 12 (37-49 MILES)

Monday Rest Day - 0 to 3 miles

Tuesday 5-6 miles easy steady

Wednesday long or short track workout

Thursday easy 0-3 miles

Friday tempo run within 8 mile run, 20 min easy, 2x 10 min@ 75%with 5 min easy between, 20 min easy

Saturday 3-5 miles easy

Sunday 15 to 18 miles, running middle 5 miles at marathon pace

#### WEEK 13(43-56 MILES)

Monday Rest Day - 0 to 3 miles

Tuesday 5-6 miles steady

Wednesday Long or short track workout

Thursday 8-10 miles easy

Friday Distance - 4 to 7 miles

Saturday Tempo - 6 to 8 miles, with 1 x 15 minutes, and 1 x 10 minutes in the middle at marathon pace, 5 minutes recovery.

Sunday 14 to 16 easy, long run

#### WEEK 14 (40-54 MILES)

Monday Rest Day - 0 to 4 miles

Tuesday Interval - 5-6 miles steady

Wednesday Long or short track workout

Thursday 4-6 miles easy

Friday Tempo run within a 7-9 mile run, easy 20 min, tempo @75% for 25 min, easy cool down 20 min

Saturday 5 to 8 miles

Sunday 12 to 14 miles

#### WEEK 15 (36- 47 miles)

Monday Rest Day - 0 to 3 miles

Tuesday Easy 5-6 miles steady

Wednesday track or fartlek

Thursday 4-6 miles

Friday Tempo - 6 to 8 miles, with 1 x 20 min at 1/2 marathon pace

Saturday 4 to 6 miles  
Sunday 10 miles, easy pace

#### WEEK 16 ( 40-53 Miles)

Monday Rest Day - 0 to 3 miles  
Tuesday Interval - 6 to 10 miles with 5 x 4 min @ 1/2 marathon pace with 3 min jog between each effort  
Wednesday Easy 0-3 miles  
Thursday easy Tempo - 4 to 6 miles 1/ 2 marathon pace  
Friday 3 to 4 miles  
Saturday rest day  
Sunday Race 26.2 miles

#### 4 crucial components of marathon training

1. Long run
2. Tempo run
3. Interval training( track or fartlek)
4. Rest days

\*Easy days should always be at least 1 or preferably 2 days after and before any long run, interval session and/ or tempo run.

Any strenuous other activities performed (i.e. intense cross fit, intense spin session,intense yoga )easy days wouldn't officially count as an easy day

\*Hydration is key to combating too much fatigue. Make sure you are drinking at least a gallon of water / electrolyte drinks on harder days and about 36 oz less than that on easy days to maintain hydration

\*yoga or sustained stretching should be performed 2 hours after hard session and never right before a hard session/ long run.

\* if you make drills a regular part of training, you will increase the power in your stride over any distance!