

# BEGINNER MARATHON - 4 DAYS - 20 WEEKS

## DAILY WARM UP

(R) = Rest Day

Start off each workout with a 5-10 minute brisk walk. This helps loosen your muscles and gets your heart/lungs ready for your workout.

### WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 MILES EASY	R	4 MILES EASY	3 MILES EASY	R	5 MILES LONG RUN	R

### WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 MILES EASY	R	5 MILES EASY	3 MILES EASY	R	6 MILES LONG RUN	R

### WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 MILES EASY	R	5 MILES EASY	3 MILES EASY	R	7 MILES LONG RUN	R

### WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 MILES EASY	R	5 MILES EASY	3 MILES EASY	R	6 MILES LONG RUN	R

## DAILY COOL DOWN



Finish each workout with an easy cool down. This helps your heart rate to return to a normal level and helps your muscles relax properly to facilitate recovery and minimize post workout soreness

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### WEEK 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 MILES RECOVERY	R	5 MILES EASY	3 MILES EASY	R	7 MILES LONG RUN	R

### WEEK 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 MILES RECOVERY	R	5 MILES EASY	4 MILES EASY	R	8 MILES LONG RUN	R

### WEEK 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 MILES RECOVERY	R	6 MILES EASY	4 MILES EASY	R	8 MILES LONG RUN	R

### WEEK 8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4 MILES RECOVERY	R	6 MILES EASY	4 MILES EASY	R	10 MILES LONG RUN	R

## DAILY COOL DOWN



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### WEEK 9

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

4 MILES  
RECOVERY

R

6 MILES  
EASY

4 MILES  
EASY

R

9 MILES  
LONG RUN

R

### WEEK 10

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

4 MILES  
RECOVERY

R

6 MILES  
EASY

4 MILES  
EASY

R

12 MILES  
LONG RUN

R

### WEEK 11

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

5 MILES  
RECOVERY

R

7 MILES  
EASY

4 MILES  
EASY

R

14 MILES  
LONG RUN

R

### WEEK 12

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

5 MILES  
RECOVERY

R

8 MILES  
EASY

5 MILES  
EASY

R

16 MILES  
LONG RUN

R

## DAILY COOL DOWN

**RunBuzz**

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### WEEK 13

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 MILES RECOVERY	R	6 MILES EASY	4 MILES EASY	R	12 MILES LONG RUN	R

### WEEK 14

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 MILES RECOVERY	R	8 MILES EASY	5 MILES EASY	R	16 MILES LONG RUN	R

### WEEK 15

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 MILES RECOVERY	R	9 MILES EASY	6 MILES EASY	R	18 MILES LONG RUN	R

### WEEK 16

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 MILES RECOVERY	R	7 MILES EASY	8 MILES EASY	R	14 MILES LONG RUN	R

## DAILY COOL DOWN



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### WEEK 17

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 MILES RECOVERY	R	10 MILES EASY	6 MILES EASY	R	20 MILES LONG RUN	R


### WEEK 18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 MILES RECOVERY	R	8 MILES EASY	5 MILES EASY	R	14 MILES LONG RUN	R

### WEEK 19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 MILES RECOVERY	R	5 MILES EASY	4 MILES EASY	R	8 MILES LONG RUN	R

### WEEK 20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 MILES RECOVERY	R	3 MILES EASY	2 MILES EASY	R		R

## DAILY COOL DOWN

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