

MODERATE 16-WEEK MARATHON TRAINING PLAN

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	3 miles - Flex Day	4 miles - Reg Run	Off	5 miles - Reg Run	Off	4 miles - AYF	8 miles - Long Run
2	3 miles - Flex Day	3 miles - Fartlek	Off	6 miles - Reg Run	Off	3 miles - AYF	10 miles - Long Run
3	3 miles - Flex Day	5 miles - Tempo Run	Off	6 miles - Reg Run	Off	4 miles - AYF	12 miles - Long Run
4	3 miles - Flex Day	5 miles - Intervals	Off	6 miles - Reg Run	Off	5 miles - AYF	10 miles - Long Run
5	3 miles - Flex Day	6 miles - Hills	Off	7 miles - Reg Run	4 miles - Tempo Run	5 miles - AYF	14 miles - Long Run
6	3 miles - Flex Day	6 miles - Intervals	Off	6 miles - Reg Run	Off	4 miles - AYF	10 miles - Long Run
7	3 miles - Flex Day	6 miles - Tempo Run	Off	8 miles - Reg Run	4 miles - Hills	3 miles - AYF	16 miles - Long Run
8	3 miles - Flex Day	6 miles - Intervals	Off	8 miles - Reg Run	Off	4 miles - AYF	10 miles - Long Run
9	3 miles - Flex Day	8 miles - Tempo Run	Off	5 miles - Reg Run	4 miles - Hills	5 miles - AYF	18 miles - Long Run
10	3 miles - Flex Day	6 miles - Intervals	Off	7 miles - Reg Run	Off	6 miles - AYF	10 miles - Long Run
11	3 miles - Flex Day	6 miles - Fartlek	Off	8 miles - Reg Run	4 miles - Hills	6 miles - AYF	20 miles - Long Run
12	3 miles - Flex Day	10 miles - Tempo Run	Off	6 miles - Reg Run	Off	4 miles - AYF	10 miles - Long Run
13	3 miles - Flex Day	8 miles - Intervals	Off	8 miles - Reg Run	6 miles - Tempo Run	4 miles - AYF	20 miles - Long Run
14	3 miles - Flex Day	6 miles - Hills	Off	6 miles - Reg Run	Off	4 miles - AYF	14 miles - Long Run
15	3 miles - Flex Day	3 miles - Tempo Run	Off	6 miles - Reg Run	Off	4 miles - AYF	8 miles - Long Run
16	3 miles - Flex Day	3 miles - Reg Run	Off	5 miles - Reg Run	Off	3 miles - AYF	26.2 - RACE

RUNNING TERMS

Flex Day: The best day of the week to replace your run with a cross-training session or a day off.

Regular Run (Reg Run): A run performed at a comfortable, not-too-hard pace.

Easy Run: A recovery run during which you focus on running slowly.

As You Feel (AYF): For these runs, leave your watch and your cares behind. Run for the fun of it, not because you're training. Run as fast—or as slow—as you like.

Fartlek: Swedish for "speed play." Fartlek workouts involve running at different speeds for varying periods--good preparation for "shifting gears" in a race.

Intervals: Running short (usually between 200 and 1600 meters), fast repeats with recovery jogs in between. Interval training builds speed and endurance.

Tempo Run: A training run (usually 20 to 30 minutes) at a pace slightly slower than 10K race pace.

Long Run: The most important workout of the week for distance runners. Long runs build both strength and confidence.

Off: Don't run, don't swim, don't get on your bike. Rest and recover!