12 Week Marathon Program

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage
1	Off/Core Work	*Easy Pace* 5 miles	*Easy Pace* 3 miles	*Moderate Pace* 6 miles	Off	*Long Run Easy Pace* 8 miles	*Recovery Pace* 3 miles	25 miles
2	Off/Core Work	*Fartlek* 5 mile run: 2 mile warmup / 10 min Fartlek / Easy pace remaining miles	*Easy Pace* 4 miles	*Tempo* 6 miles with 2 miles @5k pace	Off	*Long Easy Pace* 10 miles	*Recovery Pace* 4 miles	28 miles
3	Off/Core Work	*Intervals* 5 mile run: 1 mile warmup / 8 x 1/4 mile hard effort with 1 min jog recovery /Easy pace remaining miles	*Easy Pace* 3 miles	*Moderate Pace* 6 miles	Off	*Long Moderate Pace* 12 miles	*Recovery Pace* 4 miles	32 miles
4	Off/Core Work	*Intervals* 5 mile run: 1 mile warmup / 4 x 1/2 mile hard effort with 2 min jog recovery / Easy pace remaining miles	*Easy Pace* 3 miles	*Tempo* 6 mile run: warmup / 3x5 min Tempo w/2 min running recovery / Easy pace remaining miles	Off	*Long Easy Pace* 8 miles	*Easy Pace* 4 miles	25 miles
5	Off/Core Work	*Fartlek* 6 mile run: 2 mile warmup / 12 min Farlek / Easy pace remaining miles	*Easy Pace* 3 miles	*Tempo* 6 mile run: warmup / 2x10 min Tempo w/4 min running recovery / Easy pace remaining miles	Off	*Long Easy Pace* 14 miles	*Recovery Pace* 3 miles	34 miles
6	Off/Core Work	*Intervals* 6 mile run: 2 mile warmup / 3x1 mile repeats hard effort with 2 min recovery jog /Easy pace remaining miles	*Easy Pace* 4 miles	*Easy Pace* 6 miles	Off	*Long Easy/Moderate Pace* 16 miles	*Recovery Pace* 4 miles	36 miles
7	Off/Core Work	*Intervals* 6 mile run: 2 mile warmup / 3x1 mile repeats hard effort with 2 min recovery jog / Easy pace remaining miles	*Easy Pace* 3 miles	*Tempo* 5 mile run with 2.5 miles @ Tempo effort	Off	*Long Easy Pace* 10 miles	*Easy Pace* 4 miles	28 miles
8	Off/Core Work	*Fartlek* 5 mile run: 2 mile warmup / 14 min Fartlek / Easy pace remaining miles	*Easy Pace* 4 miles	*Tempo* 6 mile run: warmup / 3x5 Tempo with 2 min running recovery / Easy pace remaining miles	Off	*Long Easy/Moderate Pace* Run 18 miles	*Easy Pace* Run 4 miles	37 miles
9	Off/Core Work	*Intervals* 6 mile run: 2 mile warmup / 2x1.5 mile hard effort with 3 min recovery jog / Easy pace remaning miles	*Easy Pace* 4 miles	*Easy Pace* 6 miles	Off	*Long Easy/Moderate Pace* 20 miles	*Easy Pace* 3 miles	39 miles
10	Off/Core Work	*Intervals* 7 mile run: 2 mile warmup / 4 x 1/2 mile Hard / 2 x 1 mile 5k pace, 2 min jog recovery between each / Cool down	*Easy Pace* 3 miles	*Easy Pace* 4 miles	Off	*Long Easy Pace* 12 miles	*Easy Pace* 4 miles	30 miles
11	Off/Core Work	*Fartlek* 6 mile run: 2 mile warmup / 12 min Farlek / Easy pace remaining miles	Off	*Easy Pace* 4 miles	Off	*Long Run Moderate Pace* 10 miles	*Easy Pace* 4 miles	24 miles
12	Off/Core Work	*Easy Pace* 4 miles	Off	*Easy Pace* 3 miles w/1 mile @5k pace	Off	*Easy Pace* 3 miles Add in 4 x 30 second controlled speed bursts to get legs turning over	**MARATHON**	36.2 miles