

# POPSUGAR

## BEGINNER MARATHON TRAINING PROGRAM

This 18-week training program will help first-time marathoners cross the finish line feeling strong and injury-free. If you've been running three miles, three to four times a week, this plan is for you.

WEEK	MONDAY	TUESDAY ★ Sprint	WEDNESDAY ★★ Time Trial	THURSDAY	FRI DAY	SATURDAY	SUNDAY ★★★ SD	TOTAL MILES
1	FOAM ROLLER : Every Monday, Weeks 1-18	2 MILES	YOGA/SWIM	3 MILES	PREHAB STRENGTH AND STRETCH : Every Friday, Weeks 1-18	2 MILES	4 MILES SD	11
2		3 MILES	YOGA/SWIM	4 MILES		3 MILES	5 MILES SD	15
3		3 MILES	1-MILE TIME TRIAL	3 MILES		4 MILES	7 MILES SD	18
4		3 MILES	REST	4 MILES HILLS		4 MILES	9 MILES SD	20
5		4 MILES	REST	3 MILES		4 MILES	7 MILES SD	18
6		4 MILES	YOGA/SWIM	3 MILES		5 MILES	10 MILES SD	22
7		4 MILES	1-MILE TIME TRIAL	3 MILES		5 MILES	12 MILES SD	25
8		4 MILES	REST	4 MILES HILLS		4 MILES	15 MILES SD	27
9		4 MILES	REST	4 MILES		4 MILES	12 MILES SD OR 1/2 MARATHON	25
10		4 MILES/4 SPRINTS	YOGA/SWIM	6 MILES		4 MILES	16 MILES SD	30
11		4 MILES/4 SPRINTS	1-MILE TIME TRIAL	6 MILES		4 MILES	18 MILES SD	33
12		6 MILES/6 SPRINTS	REST	5 MILES HILLS		5 MILES	20 MILES SD	36
13		7 MILES/7 SPRINTS	YOGA/SWIM	7 MILES		7 MILES	14 MILES SD	35
14		6 MILES/6 SPRINTS	REST	7 MILES		7 MILES	20 MILES SD	40
15		7 MILES/7 SPRINTS	1-MILE TIME TRIAL	7 MILES		7 MILES	13 MILES SD	35
16		6 MILES/6 SPRINTS	REST	5 MILES		6 MILES	8 MILES SD	25
17		5 MILES/5 SPRINTS	YOGA/SWIM	4 MILES		5 MILES	10 MILES SD	24
18		3 MILES	REST	3 MILES		3 MILES	RACE DAY	35.2

★ Sprint = Run for 100 meters close to full speed.

★★ Time Trial = At a 400-meter track: warm up at an easy pace for 10 minutes, run four laps timing yourself, then cool down with an easy 10-minute run.

★★★ SD = Slow distance; run at an easy pace that allows you to run longer distances.