



HIGH INTENSITY 18 WEEK MARATHON TRAINING SCHEDULE

Must be able to run 9 Miles at Program Start

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	4 Miles E	Rest or Cross Train	2 Miles E, 2 Miles T, 1 Mile E	6 Miles L	Rest or Cross Train	4 Miles E	9 Miles L
Week 2	4 Miles E	4 Miles E or Rest or Cross Train	2 Miles E, 2 Miles T, 2 Miles E	7 Miles L	Rest or Cross Train	4 Miles E	10 Miles L
Week 3	4 Miles E, 4 to 6 Stride-outs	4 Miles E or Rest or Cross Train	1 Mile E, 2 x 1.5 TI, 1 Mile E	8 Miles L	Rest or Cross Train	4 Miles E	12 Miles L
Week 4	4 Miles E, 4 to 6 Stride-outs	4 Miles E or Rest or Cross Train	1 Mile E, 2 x 1.75 Miles TI, 1 Mile E	9 Miles L	Rest or Cross Train	4 Miles E	14 Miles L
Week 5	4 Miles E, 4 to 6 Stride-outs	4 Miles E or Rest or Cross Train	1 Mile E, 4 x .75 SW, 1 Mile E	10 Miles L	Rest or Cross Train	4 Miles E	10 Miles P
Week 6	4 Miles E, 4 to 6 Stride-outs	4 Miles E or Rest or Cross Train	2 Miles E, 2 x 2 Miles TI, 1 Mile E	10 Miles L	Rest or Cross Train	4 Miles E	16 Miles L
Week 7	4 Miles E, 4 to 6 Stride-outs	4 Miles E or Rest or Cross Train	1 Mile E, 4 x 1600 SW, 1 Mile E	10 Miles L	Rest or Cross Train	4 Miles E	18 Miles L
Week 8	4 Miles E, 4 to 6 Stride-outs	5 Miles E or Rest or Cross Train	1 Mile E, 4 Miles T, 1 Mile E	11 Miles L	Rest or Cross Train	5 Miles E	12 Miles P
Week 9	4 Miles E, 4 to 6 Stride-outs	5 Miles E or Rest or Cross Train	2 Miles E, 2 x 1.5 Miles TI, 2 Miles E	11 Miles L	Rest or Cross Train	5 Miles E	20 Miles L
Week 10	4 Miles E, 4 to 6 Stride-outs	5 Miles E or Rest or Cross Train	2 Miles E, 6 x 200 Decline, 4 Miles E	12 Miles L	Rest or Cross Train	5 Miles E	1 Mile E, 30 Min T, 60 Min E, 20 Min T, 1 Mile E
Week 11	4 Miles E, 4 to 6 Stride-outs	5 Miles E or Rest or Cross Train	1/2 mile E, 15 min T, 30 min E, 15 min T, 1/2 mile E	12 Miles L	Rest or Cross Train	5 Miles E	15 Miles L
Week 12	4 Miles E, 4 to 6 Stride-outs	5 Miles E or Rest or Cross Train	2 Miles E, 4 x 800 Meter CI, 30 Min E, 4 x 800 Meter CI, 1 Mile E	10 Miles L	Rest or Cross Train	2 Miles E, 6 x 200 Decline, 1 Mile E	20 Miles L
Week 13	4 Miles E, 4 to 6 Stride-outs	5 Miles E or Rest or Cross Train	2 Miles E, 6 x 200 Decline, 4 Miles E	10 Miles E to P	Rest or Cross Train	5 Miles E	16 Miles L
Week 14	4 Miles E, 4 to 6 Stride-outs	5 Miles E or Rest or Cross Train	1/2 Mile E, 15 Min T, 30 Min E, 15 Min T, 1/2 Mile E	12 Miles L	Rest or Cross Train	2 Miles E, 6 x 200 Decline	13 Miles P
Week 15	4 Miles E, 4 to 6 Stride-outs	5 Miles E or Rest or Cross Train	2 Miles E, 3 x 1.5 Miles TI, 1 Mile E	12 Miles L	Rest or Cross Train	4 Miles E	22 Miles L
Week 16	4 Miles E, 4 to 6 Stride-outs	5 Miles E or Rest or Cross Train	2 Miles E, 4 x 200 Meter Decline, 1 Mile E	1/2 Mile E, 2 x 15 Min T, 1/2 Mile E	Rest or Cross Train	4 Miles E	14 Miles L
Week 17	4 Miles E, 4 to 6 Stride-outs	5 Miles E or Rest or Cross Train	1 Mile E, 3 x 1600 SW, 1 Mile E	6 Miles E to P	Rest or Cross Train	4 Miles E	10 Miles L
Week 18	4 Miles E, 4 to 6 Stride-outs	Rest or Cross Train	2 Miles E, 2 Miles P, 3 Miles E	Rest	3 Miles E	Rest	3 Miles E
Week 19	GOAL MARATHON						

E = Easy Run; L = Long Run; T = Tempo Run; TI = Tempo Interval; CI = Cruise Interval; P=Marathon Pace Run; SW= Speed Workout (Long Distance Runner); S=Stride Outs; D= Declines
 Visit www.mcmillanrunning.com and use the McMillan Running Calculator to generate a personal report and determine appropriate training paces