



MODERATE INTENSITY 18 WEEK MARATHON TRAINING SCHEDULE

<i>Must be able to run 8 Miles at Program Start</i>							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Week 1</i>	4 Miles E	Rest or Cross Train	5 Miles E	5 Miles L	Rest or Cross Train	4 Miles E	8 Miles L
<i>Week 2</i>	4 Miles E	Rest or Cross Train	1 Mile E, 4 x 800 CI, 1 Mile E	5 Miles L	Rest or Cross Train	4 Miles E	9 Miles L
<i>Week 3</i>	4 Miles E, 4 to 6 Stride-outs	Rest or Cross Train	1 Mile E, 2 x 1600 CI, 1 Mile E	6 Miles L	Rest or Cross Train	4 Miles E	10 Miles L
<i>Week 4</i>	4 Miles E, 4 to 6 Stride-outs	Rest or Cross Train	1 Mile E, 2 x 1.25 Miles TI, 1 Mile E	6 Miles L	Rest or Cross Train	4 Miles E	10 Miles L
<i>Week 5</i>	4 Miles E, 4 to 6 Stride-outs	Rest or Cross Train	1 Mile E, 2 x 1.5 Miles TI, 1 Mile E	7 Miles L	Rest or Cross Train	4 Miles E	11 Miles L
<i>Week 6</i>	4 Miles E, 4 to 6 Stride-outs	Rest or Cross Train	2 Miles E, 20 Min T, 1 Mile E	7 Miles L	Rest or Cross Train	4 Miles E	12 Miles L
<i>Week 7</i>	4 Miles E, 4 to 6 Stride-outs	Rest or Cross Train	1 Mile E, 2 x 1.75 Miles TI, 1 Mile E	7 Miles L	Rest or Cross Train	4 Miles E	13 Miles L
<i>Week 8</i>	4 Miles E, 4 to 6 Stride-outs	Rest or Cross Train	1 Mile E, 25 Min T, 1 Mile E	8 Miles L	Rest or Cross Train	4 Miles E	10 Miles P
<i>Week 9</i>	4 Miles E, 4 to 6 Stride-outs	Rest or Cross Train	1 Mile E, 6 x 800 Meter CI, 2 Miles E	9 Miles L	Rest or Cross Train	4 Miles E	15 Miles L
<i>Week 10</i>	4 Miles E, 4 to 6 Stride-outs	Rest or Cross Train	2 Miles E, 2 x 1.5 Miles TI, 1 Mile E	9 Miles L	Rest or Cross Train	5 Miles E	16 Miles L
<i>Week 11</i>	4 Miles E, 4 to 6 Stride-outs	Rest or Cross Train	1/2 mile E, 15 min T, 30 min E, 15 min T, 1/2 mile E	9 Miles L	Rest or Cross Train	5 Miles E	18 Miles L
<i>Week 12</i>	4 Miles E, 4 to 6 Stride-outs	Rest or Cross Train	1 Mile E, 3 x 1.5 Miles TI, 1 Mile E	10 Miles L	Rest or Cross Train	5 Miles E	20 Miles L
<i>Week 13</i>	4 Miles E, 4 to 6 Stride-outs	Rest or Cross Train	1 Mile E, 4 x 1600 CI, 1 Mile E	10 Miles L	Rest or Cross Train	5 Miles E	14 Miles L
<i>Week 14</i>	4 Miles E, 4 to 6 Stride-outs	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	12 Miles P
<i>Week 15</i>	4 Miles E, 4 to 6 Stride-outs	Rest or Cross Train	2 Miles E, 3 x 1.5 Miles TI, 1 Mile E	10 Miles L	Rest or Cross Train	4 Miles E	20 Miles L
<i>Week 16</i>	4 Miles E, 4 to 6 Stride-outs	Rest or Cross Train	1 Mile E, 2 x 2 Miles TI, 1 Mile E	8 Miles E to P	Rest or Cross Train	4 Miles E	12 Miles L
<i>Week 17</i>	4 Miles E, 4 to 6 Stride-outs	Rest or Cross Train	1 Mile E, 2 x 1.5 Miles TI, 1 Mile E	6 Miles E to P	Rest or Cross Train	4 Miles E	10 Miles L
<i>Week 18</i>	4 Miles E, 4 to 6 Stride-outs	Rest or Cross Train	2 Miles E, 2 Miles P, 2 Miles E	Rest	3 Miles E	Rest	3 Miles E
<i>Week 19</i>	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