

12-WEEK MARATHON TRAINING PLAN

TRAIL & KALE

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Week ▼	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Weekly Distance ▼
1	Rest	ZONE 2 5 miles	ZONE 3 3 miles	CORE 30 mins	ZONE 2 5 miles	Rest	ZONE 2 6 miles	19 miles
2	Rest	ZONE 2 6 miles	ZONE 4 3 miles <i>Intervals</i>	CORE 30 mins	ZONE 2 5 miles	Rest	ZONE 2 8 miles	22 miles
3	Rest	ZONE 2 6 miles	ZONE 3 4 miles	CORE 30 mins	ZONE 2 5 miles	Rest	ZONE 2 10 miles	25 miles
4	Rest	ZONE 2 6 miles	ZONE 3 4 miles	CORE 30 mins	ZONE 2 5 miles	Rest	HALF MARATHON ZONE 3 13 miles	28 miles
5	Rest	ZONE 2 6 miles	ZONE 4 4 miles <i>Intervals</i>	CORE 30 mins	ZONE 2 5 miles	Rest	ZONE 2 11 miles	26 miles
6	Rest	ZONE 2 6 miles	ZONE 3 4 miles	CORE 30 mins	ZONE 2 4 miles	Rest	ZONE 2 16 miles	30 miles
7	Rest	ZONE 2 7 miles	ZONE 3 5 miles	CORE 30 mins	ZONE 2 4 miles	Rest	ZONE 2 18 miles	34 miles
8	Rest	ZONE 2 7 miles	ZONE 4 5 miles <i>Intervals</i>	CORE 30 mins	ZONE 2 4 miles	Rest	ZONE 2 15 miles	31 miles
9	Rest	ZONE 2 8 miles	ZONE 3 5 miles	CORE 30 mins	ZONE 2 5 miles	Rest	ZONE 2 20 miles	38 miles
10	Rest	ZONE 2 6 miles	ZONE 3 5 miles	CORE 30 mins	ZONE 2 5 miles	Rest	ZONE 2 12 miles	28 miles
11	Rest	ZONE 2 6 miles	ZONE 3 2 miles	CORE 30 mins	ZONE 2 6 miles	Rest	ZONE 2 8 miles	22 miles
12	Rest	ZONE 2 3 miles	Rest	ZONE 3 2 miles	Rest	ZONE 2 2 miles	MARATHON ZONE 3 26.2 miles	33 miles