













16-WEEK MARATHON TRAINING PLAN

TRAIL & KALE

Visit trailandkale.com/tips/16-week-marathon-training-plan/ for your **companion guide** containing training advice & motivation to keep you on track for marathon success.

Week ▼	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Weekly Distance ▼
1	Rest	ZONE 2  4 miles	ZONE 3  3 miles	CORE  30 mins	ZONE 2  3 miles	Rest	ZONE 2  6 miles	16 miles
2	Rest	ZONE 2  4 miles	ZONE 3  3 miles	CORE  30 mins	ZONE 2  4 miles	Rest	ZONE 2  8 miles	19 miles
3	Rest	ZONE 2  4 miles	ZONE 3  3 miles	CORE  30 mins	ZONE 2  5 miles	Rest	ZONE 2  10 miles	22 miles
4	Rest	ZONE 2  5 miles	ZONE 3  3 miles	CORE  30 mins	ZONE 2  5 miles	Rest	ZONE 2  12 miles	25 miles
5	Rest	ZONE 2  5 miles	ZONE 3  3 miles	CORE  30 mins	ZONE 2  5 miles	Rest	ZONE 2  15 miles	28 miles
6	Rest	ZONE 2  6 miles	ZONE 3  3 miles	CORE  30 mins	ZONE 2  5 miles	Rest	ZONE 2  8 miles	22 miles
7	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
8	Rest	ZONE 2  6 miles	ZONE 3  4 miles	CORE  30 mins	ZONE 2  5 miles	Rest	ZONE 2  18 miles	30 miles
9	Rest	ZONE 2  6 miles	ZONE 3  4 miles	CORE  30 mins	ZONE 2  5 miles	Rest	ZONE 2  18 miles	33 miles
10	Rest	ZONE 2  6 miles	ZONE 3  4 miles	CORE  30 mins	ZONE 2  4 miles	Rest	ZONE 2  16 miles	30 miles
11	Rest	ZONE 2  5 miles	ZONE 3  4 miles	CORE  30 mins	ZONE 2  4 miles	Rest	ZONE 2  12 miles	25 miles
12	Rest	ZONE 2  5 miles	ZONE 3  4 miles	CORE  30 mins	ZONE 2  4 miles	Rest	ZONE 2  17 miles	30 miles
13	Rest	ZONE 2  8 miles	ZONE 3  5 miles	CORE  30 mins	ZONE 2  5 miles	Rest	ZONE 2  20 miles	38 miles
14	Rest	ZONE 2  8 miles	ZONE 3  5 miles	CORE  30 mins	ZONE 2  5 miles	Rest	ZONE 2  10 miles	28 miles
15	Rest	ZONE 2  6 miles	ZONE 3  2 miles	CORE  30 mins	ZONE 2  6 miles	Rest	ZONE 2  8 miles	22 miles
16	Rest	ZONE 2  5 miles	Rest	ZONE 3  2 miles	Rest	ZONE 2  2 miles	MARATHON ZONE 3 26.2 miles 	35 miles