

20-WEEK MARATHON TRAINING PLAN

TRAIL & KALE

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Week v	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Weekly Distance v
1	Rest	ZONE 2 2.5 miles	ZONE 3 2 miles	CORE 30 mins	ZONE 2 2 miles	Rest	ZONE 2 3 miles	9.5 miles
2	Rest	ZONE 2 2.5 miles	ZONE 3 2 miles	CORE 30 mins	ZONE 2 2 miles	Rest	ZONE 2 4 miles	10.5 miles
3	Rest	ZONE 2 2 miles	ZONE 3 2 miles	CORE 30 mins	ZONE 2 3 miles	Rest	ZONE 2 5 miles	12 miles
4	Rest	ZONE 2 2 miles	ZONE 3 3 miles	CORE 30 mins	ZONE 2 3 miles	Rest	ZONE 2 6 miles 10k	14 miles
5	Rest	ZONE 2 3.5 miles	ZONE 3 3 miles	CORE 30 mins	ZONE 2 4 miles	Rest	ZONE 2 5 miles	15.5 miles
6	Rest	ZONE 2 3 miles	ZONE 3 3 miles	CORE 30 mins	ZONE 2 4 miles	Rest	ZONE 2 7 miles	17 miles
7	Rest	ZONE 2 4 miles	ZONE 3 2 miles	CORE 30 mins	ZONE 2 4 miles	Rest	ZONE 2 9 miles	19 miles
8	Rest	ZONE 2 4 miles	ZONE 3 4 miles	CORE 30 mins	ZONE 2 5 miles	Rest	ZONE 2 8 miles	21 miles
9	Rest	ZONE 2 4 miles	ZONE 3 4 miles	CORE 30 mins	ZONE 2 5 miles	Rest	ZONE 2 10 miles	23 miles
10	Rest	ZONE 2 5 miles	ZONE 3 6 miles	CORE 30 mins	ZONE 2 5 miles	Rest	ZONE 2 9 miles	25 miles
11	Rest	ZONE 2 5 miles	ZONE 3 6 miles	CORE 30 mins	ZONE 2 6 miles	Rest	ZONE 2 11 miles	28 miles
12	Rest	ZONE 2 5 miles	ZONE 3 6 miles	CORE 30 mins	ZONE 2 6 miles	Rest	HALF MARATHON ZONE 3 13 miles	30 miles
13	Rest	ZONE 2 5 miles	ZONE 3 7 miles	CORE 30 mins	ZONE 2 6 miles	Rest	ZONE 2 15 miles	33 miles
14	Rest	ZONE 2 5 miles	ZONE 3 7 miles	CORE 30 mins	ZONE 2 6 miles	Rest	ZONE 2 18 miles	36 miles
15	Rest	ZONE 2 5 miles	ZONE 3 5 miles	CORE 30 mins	ZONE 2 6 miles	Rest	ZONE 2 14 miles	30 miles
16	Rest	ZONE 2 5 miles	ZONE 3 7 miles	CORE 30 mins	ZONE 2 6 miles	Rest	ZONE 2 18 miles	36 miles
17	Rest	ZONE 2 4 miles	ZONE 3 3 miles	CORE 30 mins	ZONE 2 3 miles	Rest	ZONE 2 20 miles	30 miles
18	Rest	ZONE 2 4 miles	ZONE 3 4 miles	CORE 30 mins	ZONE 2 4 miles	Rest	ZONE 2 10 miles	22 miles
19	Rest	ZONE 2 2 miles	ZONE 3 3 miles	CORE 30 mins	ZONE 2 3 miles	Rest	ZONE 2 8 miles	16 miles
Race Week 20	Rest	ZONE 2 3 miles	Rest	ZONE 3 2 miles	Rest	ZONE 2 2 miles	MARATHON ZONE 3 26.2 miles	33 miles