











































# 8-WEEK MARATHON TRAINING PLAN

# TRAIL & KALE

Visit [trailandkale.com/tips/8-week-marathon-training-plan/](https://trailandkale.com/tips/8-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 ▼
<b>1</b>	Rest	<b>ZONE 2</b>  6 miles	<b>ZONE 4</b>  4 miles <b>Intervals</b>	<b>CORE</b>  30 mins cross train	<b>ZONE 3</b>  5 miles tempo run	Rest	<b>ZONE 2</b>  12 miles	<b>27 miles</b>
<b>2</b>	Rest	<b>ZONE 2</b>  6 miles	<b>ZONE 4</b>  4 miles <b>Intervals</b>	<b>CORE</b>  30 mins cross train	<b>ZONE 3</b>  5 miles tempo run	Rest	<b>ZONE 2</b>  14 miles	<b>29 miles</b>
<b>3</b>	Rest	<b>ZONE 2</b>  7 miles	<b>ZONE 4</b>  5 miles <b>Intervals</b>	<b>CORE</b>  30 mins cross train	<b>ZONE 3</b>  4 miles tempo run	Rest	<b>ZONE 2</b>  18 miles	<b>34 miles</b>
<b>4</b>	Rest	<b>ZONE 2</b>  7 miles	<b>ZONE 4</b>  5 miles <b>Intervals</b>	<b>CORE</b>  30 mins cross train	<b>ZONE 3</b>  4 miles tempo run	Rest	<b>ZONE 2</b>  20 miles	<b>36 miles</b>
<b>5</b>	Rest	<b>ZONE 2</b>  8 miles	<b>ZONE 4</b>  5 miles <b>Intervals</b>	<b>CORE</b>  30 mins cross train	<b>ZONE 3</b>  5 miles tempo run	Rest	<b>ZONE 2</b>  20 miles	<b>38 miles</b>
<b>6</b>	Rest	<b>ZONE 2</b>  6 miles	<b>ZONE 3</b>  3 miles	<b>CORE</b>  30 mins cross train	<b>ZONE 3</b>  5 miles tempo run	Rest	<b>ZONE 2</b>  16 miles	<b>30 miles</b>
<b>7</b>	Rest	<b>ZONE 2</b>  6 miles	<b>ZONE 3</b>  3 miles	<b>CORE</b>  30 mins cross train	<b>ZONE 3</b>  6 miles tempo run	Rest	<b>ZONE 2</b>  12 miles	<b>27 miles</b>
<b>8</b>	Rest	<b>ZONE 2</b>  3 miles	Rest / Stretch 	<b>ZONE 3</b>  2 miles	Rest / Stretch 	<b>ZONE 2</b>  2 miles	<b>MARATHON</b>  <b>ZONE 3</b> 26.2 miles 	<b>33 miles</b>