


COUCH TO MARATHON

Running Journey

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
Week 1	Rest or Cross-Train	Run 1 min. Walk 1 min. X 10 times	Rest or Cross-Train	Run 2 min. Walk 1 min. X 10 times	Rest or Cross-Train	Run 3 min. Walk 1 min. X 10 times	Rest
Week 2	Rest or Cross-Train	Run 3 min. Walk 1 min. X 10 times	Rest or Cross-Train	Run 5 min. Walk 1 min. X 5 times	Rest or Cross-Train	Run 5 min. Walk 1 min. X 6 times	Rest
Week 3	Rest or Cross-Train	Run 7 min. Walk 2 min. X 3 times	Rest or Cross-Train	Run 7 min. Walk 2 min. X 3 times	Rest or Cross-Train	Run 8 min. Walk 2 min. X 3 times	Rest
Week 4	Rest or Cross-Train	Run 8 min. Walk 1 min. X 3 times	Rest or Cross-Train	Run 10 min. Walk 2 min. X 3 times	Rest or Cross-Train	Run 10 min. Walk 2 min. X 3 times	Rest
Week 5	Rest or Cross-Train	Run 15 min. Walk 2 min. X 2 times	Rest or Cross-Train	Run 20 min. Walk 2 min. X 2 times	Rest or Cross-Train	Run 15 min. Walk 2 min. X 2 times	Rest
Week 6	Rest or Cross-Train	Run 20 min. Walk 2 min. X 2 times	Rest or Cross-Train	Run 20 min. Walk 2 min. X 2 times	Rest or Cross-Train	Run 20 min.	Rest
Week 7	Rest or Cross-Train	Run 30 min.	Rest or Cross-Train	Run 25 min.	Rest or Cross-Train	Run 30 min.	Rest
WEEK 8 & 9	Rest or Cross-Train	Run 30 min.	Rest or Cross-Train	Run 30 min.	Rest or Cross-Train	Run 40 min.	Rest
Week 10	Rest or Cross-Train	Run 30 min.	Rest or Cross-Train	Run 20 min.	Rest or Cross-Train	Run 30 min.	Rest
Week 11 & 12	Rest or Cross-Train	Run 40 min.	Rest or Cross-Train	Run 30 min.	Rest or Cross-Train	Run 50 min.	Rest
Week 13 & 14	Rest or Cross-Train	Run 40 min.	Rest or Cross-Train	Run 30 min.	Rest or Cross-Train	Run 60 min.	Rest
Week 15	Rest or Cross-Train	Run 50 min.	Rest or Cross-Train	Run 45 min.	Rest or Cross-Train	Run 40 min.	Rest
Week 16 & 17	Rest or Cross-Train	Run 60 min.	Rest or Cross-Train	Run 40 min.	Rest or Cross-Train	Run 80 min.	Rest
Week 18 & 19	Rest or Cross-Train	Run 60 min.	Rest or Cross-Train	Run 80 min.	Rest or Cross-Train	Run 90 min.	Rest
Week 20	Rest or Cross-Train	Run 90 min.	Rest or Cross-Train	Run 80 min.	Rest or Cross-Train	Run 100 min.	Rest
Week 21	Rest or Cross-Train	Run 60 min.	Rest or Cross-Train	Run 60 min.	Rest or Cross-Train	Run 120 min.	Rest
Week 22 & 23	Rest or Cross-Train	Run 90 min.	Rest or Cross-Train	Run 60 min.	Rest or Cross-Train	Run 120 min.	Rest
Week 24	Rest or Cross-Train	Run 90 min.	Rest or Cross-Train	Run 90 min.	Rest or Cross-Train	Run 120 min.	Rest
Week 25	Rest or Cross-Train	Run 120 min.	Rest or Cross-Train	Run 60 min.	Rest or Cross-Train	RACE DAY 	Rest