Running Overload

20 weeks Marathon training plan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	recovery	5 min warm up 35 min easy run 5 min cool down	30 min cross training	5 min warm up 10 min slow run 25 min Fartlek run 5 min cool down	rest or 30 min cross training	5 min warm up 20 min easy run 5 min cool down	5 min warm up 75 min slow run 5 min cool down
Week 2	recovery	5 min warm up 40 min easy run 5 min cool down	30 min cross training	5 min warm up 10 min slow run 30 min Fartlek run 5 min cool down	rest or 30 min cross training	5 min warm up 20 min easy run 5 min cool down	5 min warm up 80 min slow run 5 min cool down
Week 3	recovery	5 min warm up 45 min easy run 5 min cool down	30 min cross training	5 min warm up 10 min slow run 35 min Fartlek run 5 min cool down	rest or 30 min cross training	5 min warm up 20 min easy run 5 min cool down	5 min warm up 90 min slow run 5 min cool down
Week 4	recovery	5 min warm up 50 min easy run 5 min cool down	30 min cross training	5 min warm up 10 min slow run 40 min Fartlek run 5 min cool down	rest or 30 min cross training	5 min warm up 20 min easy run 5 min cool down	5 min warm up 100 min slow run 5 min cool down
Week 5	recovery	5 min warm up 30 min easy run 5 min cool down	30 min cross training	5 min warm up 10 min slow run 20 min Fartlek run 5 min cool down	rest or 30 min cross training	5 min warm up 20 min easy run 5 min cool down	5 min warm up 60 min slow run 5 min cool down
Week 6	recovery	5 min warm up 55 min easy run 5 min cool down	60 min cross training	5 min warm up 10 min slow run 45 min Fartlek run 5 min cool down	rest or 30 min cross training	5 min warm up 20 min easy run 5 min cool down	5 min warm up 110 min slow run 5 min cool down
Week 7	recovery	5 min warm up 60 min easy run 5 min cool down	60 min cross training	5 min warm up 10 min slow run 50 min Fartlek run 5 min cool down	rest or 30 min cross training	5 min warm up 20 min easy run 5 min cool down	5 min warm up 120 min slow run 5 min cool down
Week 8	recovery	5 min warm up 65 min easy run 5 min cool down	60 min cross training	5 min warm up 10 min slow run 45 min Fartlek run 10 min slow run 5 min cool down	rest or 30 min cross training	5 min warm up 20 min easy run 5 min cool down	5 min warm up 130 min slow run 5 min cool down
Week 9	recovery	5 min warm up 70 min easy run 5 min cool down	60 min cross training	5 min warm up 10 min slow run 50 min Fartlek run 10 min slow run 5 min cool down	rest or 30 min cross training	5 min warm up 20 min easy run 5 min cool down	5 min warm up 140 min slow run 5 min cool down
Week 10	recovery	5 min warm up 45 min easy run 5 min cool down	30 min cross training	5 min warm up 10 min slow run 25 min Fartlek run 10 min slow run 5 min cool down	rest or 30 min cross training	5 min warm up 20 min easy run 5 min cool down	5 min warm up 90 min slow run 5 min cool down
Week 11	recovery	5 min warm up 60 min easy run 5 min cool down	60 min cross training	5 min warm up 10 min slow run 40 min Fartlek run 10 min slow run 5 min cool down	rest or 30 min cross training	5 min warm up 20 min easy run 5 min cool down	5 min warm up Half Marathon 5 min cool down
Week 12	recovery	5 min warm up 65 min easy run 5 min cool down	60 min cross training	5 min warm up 10 min slow run 45 min Fartlek run 10 min slow run 5 min cool down	rest or 30 min cross training	5 min warm up 20 min easy run 5 min cool down	5 min warm up 150 min slow run 5 min cool down
Week 13	recovery	5 min warm up 70 min easy run 5 min cool down	60 min cross training	5 min warm up 10 min slow run 50 min Fartlek run 10 min slow run 5 min cool down	rest or 30 min cross training	5 min warm up 20 min easy run 5 min cool down	5 min warm up 165 min slow run 5 min cool down
Week 14	recovery	5 min warm up 75 min easy run 5 min cool down	60 min cross training	5 min warm up 10 min slow run 55 min Fartlek run 10 min slow run 5 min cool down	rest or 30 min cross training	5 min warm up 20 min easy run 5 min cool down	5 min warm up 180 min slow run 5 min cool down
Week 15	recovery	5 min warm up 45 min easy run 5 min cool down	30 min cross training	5 min warm up 10 min slow run 25 min Fartlek run 10 min slow run 5 min cool down	rest or 30 min cross training	5 min warm up 20 min easy run 5 min cool down	5 min warm up 90 min slow run 5 min cool down
Week 16	recovery	5 min warm up 60 min easy run 5 min cool down	60 min cross training	5 min warm up 10 min slow run 40 min Fartlek run 10 min slow run 5 min cool down	rest or 30 min cross training	5 min warm up 20 min easy run 5 min cool down	5 min warm up 190 min slow run 5 min cool down
Week 17	recovery	5 min warm up 60 min easy run 5 min cool down	60 min cross training	5 min warm up 10 min slow run 40 min Fartlek run 10 min slow run 5 min cool down	rest or 30 min cross training	5 min warm up 20 min easy run 5 min cool down	5 min warm up 200 min slow run 5 min cool down
Week 18	recovery	5 min warm up 50 min easy run 5 min cool down	60 min cross training	5 min warm up 10 min slow run 35 min Fartlek run 10 min slow run 5 min cool down	rest or 30 min cross training	5 min warm up 20 min easy run 5 min cool down	5 min warm up 150 min slow run 5 min cool down
Week 19	recovery	5 min warm up 45 min easy run 5 min cool down	30 min cross training	5 min warm up 10 min slow run 25 min Fartlek run 10 min slow run 5 min cool down	rest or 30 min cross training	5 min warm up 20 min easy run 5 min cool down	5 min warm up 90 min slow run 5 min cool down
Week 20	recovery	5 min warm up 30 min easy run 5 min cool down	30 min cross training	5 min warm up 10 min slow run 10 min Fartlek run 10 min slow run 5 min cool down	rest or 30 min cross training	5 min warm up 20 min easy run 5 min cool down	5 min warm up Marathon 5 min cool down