

BEGINNER TRAINING PLAN: 16 WEEKS – MARATHON

WK	M	T	W	TH	F	SAT	SUN
1	15 Min of Cross training	2.5 Mile Run/Walk	Rest	3 Mile Run/Walk	Rest	5 Mile Run/Walk	Rest
2	15 Min of Cross training	3.5 Mile Run/Walk	Rest	3 Mile Run/Walk	3.5 Mile Easy Run	6 Mile Run/Walk	Rest
3	30 Min of Cross training	3.5 Mile Run/Walk	Rest	4 Mile Run/Walk	3 Mile Easy Run	6 Mile Run/Walk	Rest
4	30 Min of Cross training	3.5 Mile Run/Walk	Rest	4 Mile Run/Walk	3 Mile Easy Run	8 Mile Run/Walk	Rest
5	30 Min of Cross training	3 Mile Run/Walk	Rest	4.5 Mile Run/Walk	3 Mile Easy Run	10 Mile Run/Walk	Rest
6	30 Min of Cross training	3.5 Mile Run/Walk	Rest	5 Mile Run/Walk	3 Mile Easy Run	12 Mile Run/Walk	Rest
7	30 Min of Cross training	3 Mile Run/Walk	Rest	5 Mile Run/Walk	3 Mile Easy Run	12 Mile Run/Walk	Rest
8	30 Min of Cross training	3 Mile Run/Walk	Rest	5 Mile Run/Walk	3 Mile Easy Run	16 Mile Run/Walk	Rest
9	40 Min of Cross training	3 Mile Run/Walk	Rest	5.5 Mile Run/Walk	3 Mile Easy Run	12 Mile Run/Walk	Rest
10	30 Min of Cross training	4 Mile Run/Walk	Rest	2 Mile speed workout	3 Mile Easy Run	18 Mile Run/Walk	Rest
11	40 Min of Cross training	3 Mile Run/Walk	Rest	2 Mile Run/Walk speed workout	3 Mile Easy Run	12 Mile Run/Walk	Rest
12	45 Min of Cross training	4 Mile Run/Walk	Rest	2 Mile Run/Walk speed workout	3 Mile Easy Run	20 Mile Run/Walk	Rest
13	45 Min of Cross training	4 Mile Run/Walk	Rest	2 Mile Run/Walk speed workout	3 Mile Easy Run	14 Mile Run/Walk	Rest
14	45 Min of Cross training	4.5 Mile Run/Walk	Rest	2 Mile Run/Walk speed workout	3 Mile Easy Run	20 Mile Run/Walk	Rest
15	30 Min of Cross training	3 Mile Easy Run	Rest	3 Mile Easy Run	4 Mile Easy Run	6 Mile Run/Walk	Rest
16	20 Min of Cross training	3 Mile Easy Run	Rest	2 Mile Easy Run	Rest	Rest	Race

Note: If you are a walker, replace runs with walks, and replace speed training with fast-pace walking – which can be helpful in building fitness.

Basic Training Tips:

- Easy runs/walks mean easy pace that is comfortable and conversational
- Include a brief warm-up and cool down before and after each workout
- Identify 1-2 cross training activities to build strength and core stability. Optimal cross training activities are easy-to-medium effort, low impact but high intensity.
- Strength training and core training will help prevent injury: lunges, mini burpees, plank/side plank, sit-ups, pull-ups, push-ups, wall sits.
- Adapt workouts based on the race course – for example, if hills are involved then you need to include hill training in workouts.

Work with your Team Make Your Mark Coach if you have any questions or need help reaching your goals lupuscoach@lupus.org

BEGINNER TRAINING PLAN: 12 WEEKS – MARATHON

WK	M	T	W	TH	F	SAT	SUN
1	15 Min of Cross training	3 Mile Run/Walk	Rest	4 Mile Run/Walk	Rest	6 Mile Run/Walk	Rest
2	30 Min of Cross training	3 Mile Run/Walk	Rest	4.5 Mile Run/Walk	Rest	10 Mile Run/Walk	Rest
3	30 Min of Cross training	3.5 Mile Run/Walk	Rest	5 Mile Run/Walk	3 Mile Easy Run	12 Mile Run/Walk	Rest
4	30 Min of Cross training	3 Mile Run/Walk	Rest	5 Mile Run/Walk	3 Mile Easy Run	12 Mile Run/Walk	Rest
5	30 Min of Cross training	3 Mile Run/Walk	Rest	5 Mile Run/Walk	3 Mile Easy Run	16 Mile Run/Walk	Rest
6	40 Min of Cross training	3 Mile Run/Walk	Rest	5.5 Mile Run/Walk	3 Mile Easy Run	12 Mile Run/Walk	Rest
7	30 Min of Cross training	4 Mile Run/Walk	Rest	2 Mile speed workout	3 Mile Easy Run	18 Mile Run/Walk	Rest
8	40 Min of Cross training	3 Mile Run/Walk	Rest	2 Mile Run/Walk speed workout	3 Mile Easy Run	12 Mile Run/Walk	Rest
9	45 Min of Cross training	4 Mile Run/Walk	Rest	2 Mile Run/Walk speed workout	3 Mile Easy Run	14 Mile Run/Walk	Rest
10	45 Min of Cross training	4 Mile Run/Walk	Rest	2 Mile Run/Walk speed workout	3 Mile Easy Run	20 Mile Run/Walk	Rest
11	45 Min of Cross training	4.5 Mile Run/Walk	Rest	2 Mile Run/Walk speed workout	3 Mile Easy Run	12 Mile Run/Walk	Rest
12	30 Min of Cross training	3 Mile Easy Run	Rest	2 Mile Easy Run	Rest	Rest	Race

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BEGINNER TRAINING PLAN: 10 WEEKS – MARATHON

WK	M	T	W	TH	F	SAT	SUN
1	15 Min of Cross training	2.5 Mile Run/Walk	Rest	3 Mile Run/Walk	Rest	8 Mile Run/Walk	Rest
2	30 Min of Cross training	3 Mile Run/Walk	Rest	4 Mile Run/Walk	Rest	10 Mile Run/Walk	Rest
3	30 Min of Cross training	3 Mile Run/Walk	Rest	5 Mile Run/Walk	3 Mile Easy Run	12 Mile Run/Walk	Rest
4	40 Min of Cross training	3 Mile Run/Walk	Rest	5 Mile Run/Walk	3 Mile Easy Run	14 Mile Run/Walk	Rest
5	30 Min of Cross training	4 Mile Run/Walk	Rest	2 Mile speed workout	3 Mile Easy Run	16 Mile Run/Walk	Rest
6	40 Min of Cross training	3 Mile Run/Walk	Rest	2 Mile Run/Walk speed workout	3 Mile Easy Run	12 Mile Run/Walk	Rest
7	45 Min of Cross training	4 Mile Run/Walk	Rest	2 Mile Run/Walk speed workout	3 Mile Easy Run	15 Mile Run/Walk	Rest
8	45 Min of Cross training	4 Mile Run/Walk	Rest	2 Mile Run/Walk speed workout	3 Mile Easy Run	20 Mile Run/Walk	Rest
9	45 Min of Cross training	4.5 Mile Run/Walk	Rest	2 Mile Run/Walk speed workout	3 Mile Easy Run	12 Mile Run/Walk	Rest
10	30 Min of Cross training	3 Mile Easy Run	Rest	2 Mile Easy Run	Rest	Rest	Race

Note: If you are a walker, replace runs with walks, and replace speed training with fast-pace walking – which can be helpful in building fitness.

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INTERMEDIATE TRAINING PLAN: 16 WEEKS – MARATHON

WK	M	T	W	TH	F	SAT	SUN
1	15 Min of Cross training	2.5 Mile Run/Walk	Rest	3 Mile Run/Walk	Rest	5 Mile Run/Walk	Rest
2	15 Min of Cross training	3.5 Mile Run/Walk	Rest	3 Mile Run/Walk	3.5 Mile Easy Run	6 Mile Run/Walk	Rest
3	30 Min of Cross training	3.5 Mile Run/Walk	Rest	4 Mile Run/Walk	3 Mile Easy Run	6 Mile Run/Walk	Rest
4	30 Min of Cross training	3.5 Mile Run/Walk	Rest	4 Mile Run/Walk	3 Mile Easy Run	8 Mile Run/Walk	Rest
5	30 Min of Cross training	3 Mile Run/Walk	Rest	4.5 Mile Run/Walk	3 Mile Easy Run	10 Mile Run/Walk	Rest
6	30 Min of Cross training	3.5 Mile Run/Walk	Rest	5 Mile Run/Walk	3 Mile Easy Run	12 Mile Run/Walk	Rest
7	30 Min of Cross training	3 Mile Run/Walk	Rest	5 Mile Run/Walk	3 Mile Easy Run	14 Mile Run/Walk	Rest
8	30 Min of Cross training	3 Mile Run/Walk	Rest	5 Mile Run/Walk	3 Mile Easy Run	17 Mile Run/Walk	Rest
9	40 Min of Cross training	3 Mile Run/Walk	Rest	5.5 Mile Run/Walk	3 Mile Easy Run	12 Mile Run/Walk	Rest
10	30 Min of Cross training	4 Mile Run/Walk	Rest	2 Mile speed workout	4 Mile Easy Run	20 Mile Run/Walk	Rest
11	40 Min of Cross training	3 Mile Run/Walk	Rest	2 Mile Run/Walk speed workout	4 Mile Easy Run	12 Mile Run/Walk	Rest
12	45 Min of Cross training	4 Mile Run/Walk	Rest	2 Mile Run/Walk speed workout	4 Mile Easy Run	20 Mile Run/Walk	Rest
13	45 Min of Cross training	4 Mile Run/Walk	Rest	2 Mile Run/Walk speed workout	4 Mile Easy Run	14 Mile Run/Walk	Rest
14	45 Min of Cross training	4 Mile Run/Walk	Rest	2 Mile Run/Walk speed workout	4 Mile Easy Run	20 Mile Run/Walk	Rest
15	30 Min of Cross training	3 Mile Easy Run	Rest	3 Mile Easy Run	Rest	6 Mile Run/Walk	Rest
16	20 Min of Cross training	3 Mile Easy Run	Rest	2 Mile Easy Run	Rest	Rest	Race

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INTERMEDIATE TRAINING PLAN: 12 WEEKS – MARATHON

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1	15 Min of Cross training	3 Mile Run/Walk	Rest	4 Mile Run/Walk	Rest	6 Mile Run/Walk	Rest
2	30 Min of Cross training	3 Mile Run/Walk	Rest	4.5 Mile Run/Walk	Rest	8 Mile Run/Walk	Rest
3	30 Min of Cross training	3.5 Mile Run/Walk	Rest	5 Mile Run/Walk	3 Mile Easy Run	10 Mile Run/Walk	Rest
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5	30 Min of Cross training	3 Mile Run/Walk	Rest	5 Mile Run/Walk	3 Mile Easy Run	16 Mile Run/Walk	Rest
6	40 Min of Cross training	3 Mile Run/Walk	Rest	5.5 Mile Run/Walk	3 Mile Easy Run	12 Mile Run/Walk	Rest
7	30 Min of Cross training	4 Mile Run/Walk	Rest	2 Mile speed workout	4 Mile Easy Run	18 Mile Run/Walk	Rest
8	40 Min of Cross training	3 Mile Run/Walk	Rest	2 Mile Run/Walk speed workout	4 Mile Easy Run	12 Mile Run/Walk	Rest
9	45 Min of Cross training	4 Mile Run/Walk	Rest	2 Mile Run/Walk speed workout	4 Mile Easy Run	20 Mile Run/Walk	Rest
10	45 Min of Cross training	4 Mile Run/Walk	Rest	2 Mile Run/Walk speed workout	4 Mile Easy Run	16 Mile Run/Walk	Rest
11	45 Min of Cross training	4.5 Mile Run/Walk	Rest	2 Mile Run/Walk speed workout	Rest	12 Mile Run/Walk	Rest
12	30 Min of Cross training	3 Mile Easy Run	Rest	2 Mile Easy Run	Rest	Rest	Race

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1	15 Min of Cross training	2.5 Mile Run/Walk	Rest	3 Mile Run/Walk	Rest	6 Mile Run/Walk	Rest
2	30 Min of Cross training	3 Mile Run/Walk	Rest	4 Mile Run/Walk	Rest	10 Mile Run/Walk	Rest
3	30 Min of Cross training	3 Mile Run/Walk	Rest	5 Mile Run/Walk	3 Mile Easy Run	12 Mile Run/Walk	Rest
4	40 Min of Cross training	3 Mile Run/Walk	Rest	5 Mile Run/Walk	3 Mile Easy Run	15 Mile Run/Walk	Rest
5	30 Min of Cross training	4 Mile Run/Walk	Rest	2 Mile speed workout	4 Mile Easy Run	18 Mile Run/Walk	Rest
6	40 Min of Cross training	3 Mile Run/Walk	Rest	2 Mile Run/Walk speed workout	4 Mile Easy Run	12 Mile Run/Walk	Rest
7	45 Min of Cross training	4 Mile Run/Walk	Rest	2 Mile Run/Walk speed workout	4 Mile Easy Run	18 Mile Run/Walk	Rest
8	45 Min of Cross training	4 Mile Run/Walk	Rest	2 Mile Run/Walk speed workout	4 Mile Easy Run	20 Mile Run/Walk	Rest
9	45 Min of Cross training	4.5 Mile Run/Walk	Rest	2 Mile Run/Walk speed workout	3 Mile Easy Run	12 Mile Run/Walk	Rest
10	30 Min of Cross training	3 Mile Easy Run	Rest	2 Mile Easy Run	Rest	Rest	Race

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ADVANCED TRAINING PLAN: 16 WEEKS - MARATHON

(assume base level of fitness)

WK	M	T	W	TH	F	SAT	SUN
1	15 Min of Cross training	2.5 Mile Run/Walk	Rest	3 Mile Run/Walk	Rest	5 Mile Run/Walk	Rest
2	15 Min of Cross training	3.5 Mile Run/Walk	Rest	3 Mile Run/Walk	3.5 Mile Easy Run	6 Mile Run/Walk	Rest
3	30 Min of Cross training	3.5 Mile Run/Walk	Rest	4 Mile Run/Walk	3 Mile Easy Run	6 Mile Run/Walk	Rest
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8	30 Min of Cross training	3 Mile Run/Walk	Rest	5 Mile Run/Walk	3 Mile Easy Run	17 Mile Run/Walk	Rest
9	40 Min of Cross training	3 Mile Run/Walk	Rest	5.5 Mile Run/Walk	3 Mile Easy Run	12 Mile Run/Walk	Rest
10	30 Min of Cross training	4 Mile Run/Walk	Rest	2 Mile speed workout	Rest	20 Mile Run/Walk	Rest
11	40 Min of Cross training	3 Mile Run/Walk	Rest	2 Mile Run/Walk speed workout	4 Mile Easy Run	12 Mile Run/Walk	Rest
12	45 Min of Cross training	4 Mile Run/Walk	Rest	2 Mile Run/Walk speed workout	Rest	22 Mile Run/Walk	Rest
13	45 Min of Cross training	4 Mile Run/Walk	Rest	2 Mile Run/Walk speed workout	4 Mile Easy Run	14 Mile Run/Walk	Rest
14	45 Min of Cross training	4 Mile Run/Walk	Rest	2 Mile Run/Walk speed workout	Rest	22 Mile Run/Walk	Rest
15	30 Min of Cross training	3 Mile Easy Run	Rest	3 Mile Easy Run	Rest	6 Mile Run/Walk	Rest
16	20 Min of Cross training	3 Mile Easy Run	Rest	2 Mile Easy Run	Rest	Rest	Race

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