

DAVID HOY AND ASSOCIATES **Marathon Training Schedule for Runners**

<b>Week 1</b>	
Day 1	6 Miles
Day 2	Rest
Day 3	Rest
Day 4	2 Miles
Day 5	4 Miles
Day 6	2 Miles
Day 7	4 Miles
<b>Week 5</b>	
Day 1	Rest
Day 2	10 Miles
Day 3	Rest
Day 4	2 Miles
Day 5	4 Miles
Day 6	2 Miles
Day 7	4 Miles
<b>Week 9</b>	
Day 1	Rest
Day 2	12 Miles
Day 3	Rest
Day 4	2 Miles
Day 5	6 Miles
Day 6	2 Miles
Day 7	6 Miles
<b>Week 13</b>	
Day 1	Rest
Day 2	16 Miles
Day 3	Rest
Day 4	3 Miles
Day 5	7 Miles
Day 6	3 Miles
Day 7	7 Miles
<b>Week 17</b>	
Day 1	Rest
Day 2	20 Miles
Day 3	Rest
Day 4	4 Miles
Day 5	8 Miles
Day 6	4 Miles
Day 7	8 Miles
<b>Week 21</b>	
Day 1	Rest
Day 2	20 Miles
Day 3	Rest
Day 4	4 Miles
Day 5	8 Miles
Day 6	4 Miles
Day 7	8 Miles
<b>Week 25</b>	
Day 1	Rest
Day 2	16 Miles
Day 3	Rest
Day 4	4 Miles
Day 5	8 Miles
Day 6	4 Miles
Day 7	8 Miles
<b>Week 29</b>	
Day 1	Rest
Day 2	8 Miles
Day 3	Rest
Day 4	2 Miles
Day 5	4 Miles
Day 6	2 Miles
Day 7	4 Miles

<b>Week 2</b>	
Day 1	Rest
Day 2	7 Miles
Day 3	Rest
Day 4	2 Miles
Day 5	4 Miles
Day 6	2 Miles
Day 7	4 Miles
<b>Week 6</b>	
Day 1	Rest
Day 2	10 Miles
Day 3	Rest
Day 4	2 Miles
Day 5	5 Miles
Day 6	2 Miles
Day 7	4 Miles
<b>Week 10</b>	
Day 1	Rest
Day 2	13 Miles
Day 3	Rest
Day 4	3 Miles
Day 5	6 Miles
Day 6	2 Miles
Day 7	6 Miles
<b>Week 14</b>	
Day 1	Rest
Day 2	16 Miles
Day 3	Rest
Day 4	3 Miles
Day 5	8 Miles
Day 6	3 Miles
Day 7	8 Miles
<b>Week 18</b>	
Day 1	Rest
Day 2	16 Miles
Day 3	Rest
Day 4	4 Miles
Day 5	2 Miles (T)
Day 6	4 Miles
Day 7	8 Miles
<b>Week 22</b>	
Day 1	Rest
Day 2	16 Miles
Day 3	Rest
Day 4	4 Miles
Day 5	4 Miles (T)
Day 6	4 Miles
Day 7	8 Miles
<b>Week 26</b>	
Day 1	Rest
Day 2	10 Miles
Day 3	Rest
Day 4	Rest
Day 5	2 Miles (T)
Day 6	2 Miles (*)
Day 7	2 Miles (*)
<b>Week 30</b>	
Day 1	Rest
Day 2	10 Miles
Day 3	Rest
Day 4	2 Miles
Day 5	5 Miles
Day 6	2 Miles
Day 7	4 Miles

<b>Week 3</b>	
Day 1	Rest
Day 2	8 Miles
Day 3	Rest
Day 4	2 Miles
Day 5	4 Miles
Day 6	2 Miles
Day 7	4 Miles
<b>Week 7</b>	
Day 1	Rest
Day 2	10 Miles
Day 3	Rest
Day 4	2 Miles
Day 5	5 Miles
Day 6	2 Miles
Day 7	5 Miles
<b>Week 11</b>	
Day 1	Rest
Day 2	14 Miles
Day 3	Rest
Day 4	3 Miles
Day 5	6 Miles
Day 6	3 Miles
Day 7	6 Miles
<b>Week 15</b>	
Day 1	Rest
Day 2	18 Miles
Day 3	Rest
Day 4	3 Miles
Day 5	8 Miles
Day 6	3 Miles
Day 7	8 Miles
<b>Week 19</b>	
Day 1	Rest
Day 2	20 Miles
Day 3	Rest
Day 4	4 Miles
Day 5	8 Miles
Day 6	4 Miles
Day 7	8 Miles
<b>Week 23</b>	
Day 1	Rest
Day 2	20 Miles
Day 3	Rest
Day 4	4 Miles
Day 5	8 Miles
Day 6	4 Miles
Day 7	8 Miles
<b>Week 27</b>	
Day 1	Rest (*)
Day 2	RACE DAY
Day 3	Jog/walk
Day 4	Jog/walk
Day 5	Jog/walk
Day 6	2 Miles
Day 7	4 Miles

<b>Week 4</b>	
Day 1	Rest
Day 2	9 Miles
Day 3	Rest
Day 4	2 Miles
Day 5	4 Miles
Day 6	2 Miles
Day 7	4 Miles
<b>Week 8</b>	
Day 1	Rest
Day 2	12 Miles
Day 3	Rest
Day 4	2 Miles
Day 5	5 Miles
Day 6	2 Miles
Day 7	5 Miles
<b>Week 12</b>	
Day 1	Rest
Day 2	15 Miles
Day 3	Rest
Day 4	3 Miles
Day 5	7 Miles
Day 6	3 Miles
Day 7	6 Miles
<b>Week 16</b>	
Day 1	Rest
Day 2	16 Miles
Day 3	Rest
Day 4	4 Miles
Day 5	8 Miles
Day 6	4 Miles
Day 7	8 Miles
<b>Week 20</b>	
Day 1	Rest
Day 2	16 Miles
Day 3	Rest
Day 4	4 Miles
Day 5	3 Miles (T)
Day 6	4 Miles
Day 7	8 Miles
<b>Week 24</b>	
Day 1	Rest
Day 2	20 Miles
Day 3	Rest
Day 4	4 Miles
Day 5	4 Miles (T)
Day 6	4 Miles
Day 7	8 Miles
<b>Week 28</b>	
Day 1	Rest
Day 2	4 Miles
Day 3	Rest
Day 4	2 Miles
Day 5	4 Miles
Day 6	2 Miles
Day 7	4 Miles

(\*) Carbo loading (T) = marathon pace, tempo run