

16-Week Marathon Training Guide



moveunbound.com

INTRO

Marathon training is a physically and mentally demanding program that requires preparation, consistency, and dedication.

A marathon is a long-distance race that covers 26.2 miles, and completing it requires a great deal of physical fitness and endurance. Training for a marathon involves developing a consistent running routine that gradually increases in intensity and duration.

A successful marathon training program involves a combination of running, strength training, flexibility training, and proper nutrition. It is important to start with a solid base of fitness and gradually increase mileage to avoid injury and burnout.

Training for a marathon requires time management and discipline to stay on track with workouts and recovery. It is also important to listen to your body and adjust your training plan as needed.

With the right training program and mindset, anyone can successfully train for and complete a marathon.

**16-WEEK TRAINING PLANS INCLUDED
FOR BEGINNER | INTERMEDIATE
AND ADVANCED RUNNERS**

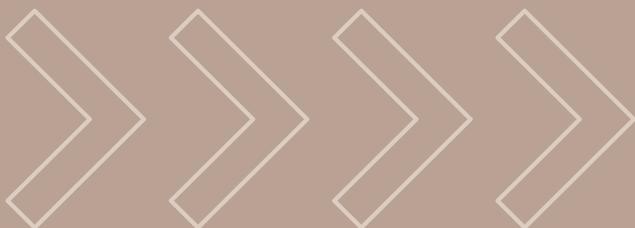




BEGINNERS



MARATHON TRAINING GUIDE



WEEK 1

BASE BUILDING



MON

Rest day

DONE



TUE

3 miles at an easy pace

TIME

DONE



WED

4 miles, including hill repeats or tempo runs

TIME

DONE



THU

Cross-training
(cycling, swimming, or strength training)

TIME

DONE



FRI

3 miles at an easy pace

TIME

DONE



SAT

6 miles

TIME

DONE



SUN

Rest day

DONE





WEEK 2

BASE BUILDING

MON

Rest day

DONE



TUE

3 miles at an easy pace

TIME

DONE



WED

4 miles, including hill repeats or tempo runs

TIME

DONE



THU

Cross-training
(cycling, swimming, or strength training)

TIME

DONE



FRI

3 miles at an easy pace

TIME

DONE



SAT

6 miles

TIME

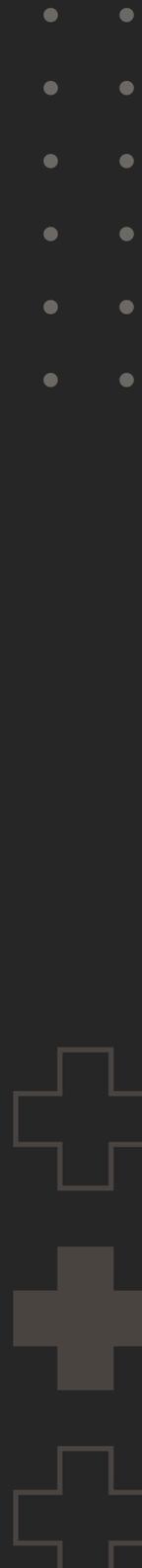
DONE



SUN

Rest day

DONE





WEEK 3

BASE BUILDING

MON

Rest day

DONE



TUE

3 miles at an easy pace

TIME

DONE



WED

4 miles, including hill repeats or tempo runs

TIME

DONE



THU

Cross-training
(cycling, swimming, or strength training)

TIME

DONE



FRI

3 miles at an easy pace

TIME

DONE



SAT

7 miles

TIME

DONE



SUN

Rest day

DONE



WEEK 4 BASE BUILDING



MON

Rest day

DONE



TUE

3 miles at an easy pace

TIME

DONE



WED

4 miles, including hill repeats or tempo runs

TIME

DONE



THU

Cross-training
(cycling, swimming, or strength training)

TIME

DONE



FRI

3 miles at an easy pace

TIME

DONE



SAT

8 miles

TIME

DONE



SUN

Rest day

DONE





WEEK 5 BUILDING ENDURANCE

MON

Rest day

DONE

TUE

4 miles at an easy pace

TIME

DONE

WED

5 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training
(cycling, swimming, or strength training)

TIME

DONE

FRI

4 miles at an easy pace

TIME

DONE

SAT

10 miles

TIME

DONE

SUN

Rest day

DONE





WEEK 6 BUILDING ENDURANCE

MON

Rest day

DONE

TUE

4 miles at an easy pace

TIME

DONE

WED

5 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training
(cycling, swimming, or strength training)

TIME

DONE

FRI

4 miles at an easy pace

TIME

DONE

SAT

10 miles

TIME

DONE

SUN

Rest day

DONE





WEEK 7

BUILDING ENDURANCE

MON

Rest day

DONE

TUE

4 miles at an easy pace

TIME

DONE

WED

5 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training
(cycling, swimming, or strength training)

TIME

DONE

FRI

4 miles at an easy pace

TIME

DONE

SAT

11 miles

TIME

DONE

SUN

Rest day

DONE





WEEK 8 BUILDING ENDURANCE

MON

Rest day

DONE



TUE

4 miles at an easy pace

TIME

DONE



WED

5 miles, including hill repeats or tempo runs

TIME

DONE



THU

Cross-training
(cycling, swimming, or strength training)

TIME

DONE



FRI

4 miles at an easy pace

TIME

DONE



SAT

12 miles

TIME

DONE



SUN

Rest day

DONE



WEEK 9

INCREASING MILEAGE AND INTENSITY

MON

Rest day

DONE

TUE

5 miles at an easy pace

TIME

DONE

WED

6 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training
(cycling, swimming, or strength training)

TIME

DONE

FRI

5 miles at an easy pace

TIME

DONE

SAT

14 miles

TIME

DONE

SUN

Rest day

DONE

WEEK 10

INCREASING MILEAGE AND INTENSITY

MON

Rest day

DONE

TUE

5 miles at an easy pace

TIME

DONE

WED

6 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training
(cycling, swimming, or strength training)

TIME

DONE

FRI

5 miles at an easy pace

TIME

DONE

SAT

14 miles

TIME

DONE

SUN

Rest day

DONE

WEEK 11

INCREASING MILEAGE AND INTENSITY

MON

Rest day

DONE

TUE

5 miles at an easy pace

TIME

DONE

WED

6 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training
(cycling, swimming, or strength training)

TIME

DONE

FRI

5 miles at an easy pace

TIME

DONE

SAT

15 miles

TIME

DONE

SUN

Rest day

DONE

WEEK 12

INCREASING MILEAGE AND INTENSITY

MON

Rest day

DONE

TUE

5 miles at an easy pace

TIME

DONE

WED

6 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training
(cycling, swimming, or strength training)

TIME

DONE

FRI

5 miles at an easy pace

TIME

DONE

SAT

16 miles

TIME

DONE

SUN

Rest day

DONE

WEEK 13

TAPERING AND PREPARATION

MON

Rest day

DONE

TUE

4 miles at an easy pace

TIME

DONE

WED

5 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training
(cycling, swimming, or strength training)

TIME

DONE

FRI

4 miles at an easy pace

TIME

DONE

SAT

8 miles

TIME

DONE

SUN

Rest day

DONE



WEEK 14

TAPERING AND PREPARATION

MON

Rest day

DONE

TUE

4 miles at an easy pace

TIME

DONE

WED

5 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training
(cycling, swimming, or strength training)

TIME

DONE

FRI

4 miles at an easy pace

TIME

DONE

SAT

8 miles

TIME

DONE

SUN

Rest day



WEEK 15

TAPERING AND PREPARATION

MON

Rest day

DONE

TUE

4 miles at an easy pace

TIME

DONE

WED

5 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training
(cycling, swimming, or strength training)

TIME

DONE

FRI

4 miles at an easy pace

TIME

DONE

SAT

9 miles

TIME

DONE

SUN

Rest day

DONE



WEEK 16

TAPERING AND PREPARATION

MON

Rest day

DONE

TUE

4 miles at an easy pace

TIME

DONE

WED

5 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training
(cycling, swimming, or strength training)

TIME

DONE

FRI

4 miles at an easy pace

TIME

DONE

SAT

10 miles

TIME

DONE

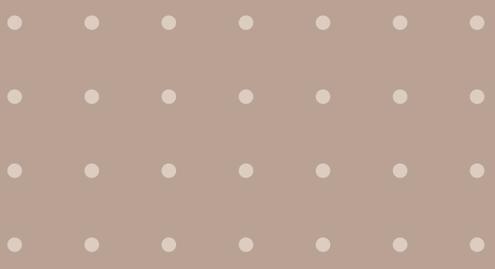
SUN

Rest day

DONE







INTERMEDIATE



MARATHON TRAINING GUIDE





WEEK 1

BASE BUILDING

MON

Rest day

DONE



TUE

4 miles at an easy pace

TIME

DONE



WED

6 miles, including hill repeats or tempo runs

TIME

DONE



THU

Cross-training
(cycling, swimming, or strength training)

TIME

DONE



FRI

4 miles at an easy pace

TIME

DONE



SAT

8 miles

TIME

DONE



SUN

Rest day

DONE



WEEK 2

BASE BUILDING



MON

Rest day

DONE



TUE

4 miles at an easy pace

TIME

DONE



WED

6 miles, including hill repeats or tempo runs

TIME

DONE



THU

Cross-training
(cycling, swimming, or strength training)

TIME

DONE



FRI

4 miles at an easy pace

TIME

DONE



SAT

8 miles

TIME

DONE



SUN

Rest day

DONE



WEEK 3 BASE BUILDING



MON

Rest day

DONE



TUE

4 miles at an easy pace

TIME

DONE



WED

6 miles, including hill repeats or tempo runs

TIME

DONE



THU

Cross-training
(cycling, swimming, or strength training)

TIME

DONE



FRI

4 miles at an easy pace

TIME

DONE



SAT

9 miles

TIME

DONE



SUN

Rest day

DONE





WEEK 4 BASE BUILDING

MON

Rest day

DONE



TUE

4 miles at an easy pace

TIME

DONE



WED

6 miles, including hill repeats or tempo runs

TIME

DONE



THU

Cross-training
(cycling, swimming, or strength training)

TIME

DONE



FRI

4 miles at an easy pace

TIME

DONE



SAT

10 miles

TIME

DONE



SUN

Rest day

DONE



WEEK 5

BUILDING ENDURANCE

MON

Rest day

DONE

TUE

5 miles at an easy pace

TIME

DONE

WED

7 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training
(cycling, swimming, or strength training)

TIME

DONE

FRI

5 miles at an easy pace

TIME

DONE

SAT

11 miles

TIME

DONE

SUN

Rest day

DONE



WEEK 6 BUILDING ENDURANCE

MON

Rest day

DONE

TUE

5 miles at an easy pace

TIME

DONE

WED

7 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training
(cycling, swimming, or strength training)

TIME

DONE

FRI

5 miles at an easy pace

TIME

DONE

SAT

11 miles

TIME

DONE

SUN

Rest day

DONE



WEEK 7

BUILDING ENDURANCE

MON

Rest day

DONE

TUE

5 miles at an easy pace

TIME

DONE

WED

7 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training
(cycling, swimming, or strength training)

TIME

DONE

FRI

5 miles at an easy pace

TIME

DONE

SAT

12 miles

SUN

Rest day

DONE



WEEK 8 BUILDING ENDURANCE

MON

Rest day

DONE

TUE

5 miles at an easy pace

TIME

DONE

WED

7 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training
(cycling, swimming, or strength training)

TIME

DONE

FRI

5 miles at an easy pace

TIME

DONE

SAT

13 miles

TIME

DONE

SUN

Rest day

DONE



WEEK 9

INCREASING MILEAGE AND INTENSITY

MON

Rest day

DONE

TUE

6 miles at an easy pace

TIME

DONE

WED

8 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training
(cycling, swimming, or strength training)

TIME

DONE

FRI

6 miles at an easy pace

TIME

DONE

SAT

16 miles

TIME

DONE

SUN

Rest day

DONE

WEEK 10

INCREASING MILEAGE AND INTENSITY

MON

Rest day

DONE

TUE

6 miles at an easy pace

TIME

DONE

WED

8 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training
(cycling, swimming, or strength training)

TIME

DONE

FRI

6 miles at an easy pace

TIME

DONE

SAT

16 miles

TIME

DONE

SUN

Rest day

DONE

WEEK 11

INCREASING MILEAGE AND INTENSITY

MON

Rest day

DONE

TUE

6 miles at an easy pace

TIME

DONE

WED

8 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training
(cycling, swimming, or strength training)

TIME

DONE

FRI

6 miles at an easy pace

TIME

DONE

SAT

17 miles

TIME

DONE

SUN

Rest day

DONE

WEEK 12

INCREASING MILEAGE AND INTENSITY

MON

Rest day

DONE

TUE

6 miles at an easy pace

TIME

DONE

WED

8 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training
(cycling, swimming, or strength training)

TIME

DONE

FRI

6 miles at an easy pace

TIME

DONE

SAT

18 miles

TIME

DONE

SUN

Rest day

DONE

WEEK 13

TAPERING AND PREPARATION

MON

Rest day

DONE

TUE

5 miles at an easy pace

TIME

DONE

WED

6 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training
(cycling, swimming, or strength training)

TIME

DONE

FRI

5 miles at an easy pace

TIME

DONE

SAT

10 miles

TIME

DONE

SUN

Rest day

DONE



WEEK 14

TAPERING AND PREPARATION

MON

Rest day

DONE

TUE

5 miles at an easy pace

TIME

DONE

WED

6 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training
(cycling, swimming, or strength training)

TIME

DONE

FRI

5 miles at an easy pace

TIME

DONE

SAT

10 miles

TIME

DONE

SUN

Rest day

DONE



WEEK 15

TAPERING AND PREPARATION

MON

Rest day

DONE

TUE

5 miles at an easy pace

TIME

DONE

WED

6 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training
(cycling, swimming, or strength training)

TIME

DONE

FRI

5 miles at an easy pace

TIME

DONE

SAT

11 miles

TIME

DONE

SUN

Rest day

DONE



WEEK 16

TAPERING AND PREPARATION

MON

Rest day

DONE

TUE

5 miles at an easy pace

TIME

DONE

WED

6 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training
(cycling, swimming, or strength training)

TIME

DONE

FRI

5 miles at an easy pace

TIME

DONE

SAT

12 miles

TIME

DONE

SUN

Rest day

DONE





ADVANCED



MARATHON TRAINING GUIDE



WEEK 1

BASE BUILDING



MON

Rest day

DONE



TUE

6 miles at an easy pace

TIME

DONE



WED

8 miles, including hill repeats or tempo runs

TIME

DONE



THU

Cross-training
(cycling, swimming, or strength training)

TIME

DONE



FRI

6 miles at an easy pace

TIME

DONE



SAT

12 miles

TIME

DONE



SUN

Rest day

DONE





WEEK 2

BASE BUILDING

MON

Rest day

DONE



TUE

6 miles at an easy pace

TIME

DONE



WED

8 miles, including hill repeats or tempo runs

TIME

DONE



THU

Cross-training
(cycling, swimming, or strength training)

TIME

DONE



FRI

6 miles at an easy pace

TIME

DONE



SAT

12 miles

TIME

DONE



SUN

Rest day

DONE





WEEK 3 BASE BUILDING

MON

Rest day

DONE



TUE

6 miles at an easy pace

TIME

DONE



WED

8 miles, including hill repeats or tempo runs

TIME

DONE



THU

Cross-training
(cycling, swimming, or strength training)

TIME

DONE



FRI

6 miles at an easy pace

TIME

DONE



SAT

13 miles

TIME

DONE



SUN

Rest day

DONE





WEEK 4 BASE BUILDING

MON

Rest day

DONE



TUE

6 miles at an easy pace

TIME

DONE



WED

8 miles, including hill repeats or tempo runs

TIME

DONE



THU

Cross-training
(cycling, swimming, or strength training)

TIME

DONE



FRI

6 miles at an easy pace

TIME

DONE



SAT

14 miles

TIME

DONE



SUN

Rest day

DONE



WEEK 5

BUILDING ENDURANCE

MON

Rest day

DONE

TUE

7 miles at an easy pace

TIME

DONE

WED

9 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training
(cycling, swimming, or strength training)

TIME

DONE

FRI

7 miles at an easy pace

TIME

DONE

SAT

16 miles

TIME

DONE

SUN

Rest day

DONE



WEEK 6 BUILDING ENDURANCE

MON

Rest day

DONE

TUE

7 miles at an easy pace

TIME

DONE

WED

9 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training
(cycling, swimming, or strength training)

TIME

DONE

FRI

7 miles at an easy pace

TIME

DONE

SAT

16 miles

TIME

DONE

SUN

Rest day

DONE



WEEK 7

BUILDING ENDURANCE

MON

Rest day

DONE

TUE

7 miles at an easy pace

TIME

DONE

WED

9 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training
(cycling, swimming, or strength training)

TIME

DONE

FRI

7 miles at an easy pace

TIME

DONE

SAT

17 miles

TIME

DONE

SUN

Rest day

DONE



WEEK 8 BUILDING ENDURANCE

MON

Rest day

DONE

TUE

7 miles at an easy pace

TIME

DONE

WED

9 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training
(cycling, swimming, or strength training)

TIME

DONE

FRI

7 miles at an easy pace

TIME

DONE

SAT

18 miles

TIME

DONE

SUN

Rest day

DONE



WEEK 9

INCREASING MILEAGE AND INTENSITY

MON

Rest day

DONE

TUE

8 miles at an easy pace

TIME

DONE

WED

10 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training
(cycling, swimming, or strength training)

TIME

DONE

FRI

8 miles at an easy pace

TIME

DONE

SAT

20 miles

TIME

DONE

SUN

Rest day

DONE

WEEK 10

INCREASING MILEAGE AND INTENSITY

MON

Rest day

DONE

TUE

8 miles at an easy pace

TIME

DONE

WED

10 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training
(cycling, swimming, or strength training)

TIME

DONE

FRI

8 miles at an easy pace

TIME

DONE

SAT

20 miles

TIME

DONE

SUN

Rest day

DONE

WEEK 11

INCREASING MILEAGE AND INTENSITY

MON

Rest day

DONE

TUE

8 miles at an easy pace

TIME

DONE

WED

10 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training
(cycling, swimming, or strength training)

TIME

DONE

FRI

8 miles at an easy pace

TIME

DONE

SAT

21 miles

TIME

DONE

SUN

Rest day

DONE

WEEK 12

INCREASING MILEAGE AND INTENSITY

MON

Rest day

DONE

TUE

8 miles at an easy pace

TIME

DONE

WED

10 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training
(cycling, swimming, or strength training)

TIME

DONE

FRI

8 miles at an easy pace

TIME

DONE

SAT

22 miles

TIME

DONE

SUN

Rest day

DONE

WEEK 13

TAPERING AND PREPARATION

MON

Rest day

DONE

TUE

7 miles at an easy pace

TIME

DONE

WED

8 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training
(cycling, swimming, or strength training)

TIME

DONE

FRI

7 miles at an easy pace

TIME

DONE

SAT

12 miles

TIME

DONE

SUN

Rest day

DONE



WEEK 14

TAPERING AND PREPARATION

MON

Rest day

DONE

TUE

7 miles at an easy pace

TIME

DONE

WED

8 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training
(cycling, swimming, or strength training)

TIME

DONE

FRI

7 miles at an easy pace

TIME

DONE

SAT

12 miles

TIME

DONE

SUN

Rest day

DONE



WEEK 15

TAPERING AND PREPARATION

MON

Rest day

DONE

TUE

7 miles at an easy pace

TIME

DONE

WED

8 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training
(cycling, swimming, or strength training)

TIME

DONE

FRI

7 miles at an easy pace

TIME

DONE

SAT

13 miles

TIME

DONE

SUN

Rest day

DONE



WEEK 16

TAPERING AND PREPARATION

MON

Rest day

DONE

TUE

7 miles at an easy pace

TIME

DONE

WED

8 miles, including hill repeats or tempo runs

TIME

DONE

THU

Cross-training
(cycling, swimming, or strength training)

TIME

DONE

FRI

7 miles at an easy pace

TIME

DONE

SAT

14 miles

TIME

DONE

SUN

Rest day

DONE

