

16 Week Marathon Training Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest Day	Pace Run 3 miles	Training Run 4 miles	Rest Day	Training Run 4 miles	Strength Training	Long Run 8 miles
2	Rest Day	Pace Run 3 miles	Training Run 4 miles	Rest Day	Training Run 4 miles	Strength Training	Long Run 10 miles
3	Rest Day	Pace Run 4 miles	Training Run 5 miles	Rest Day	Training Run 5 miles	Strength Training	Long Run 11 miles
4	Rest Day	Pace Run 4 miles	Training Run 5 miles	Rest Day	Training Run 5 miles	Strength Training	Long Run 9 miles
5	Rest Day	Pace Run 5 miles	Training Run 6 miles	Rest Day	Training Run 6 miles	Strength Training	Long Run 13 miles
6	Rest Day	Pace Run 5 miles	Training Run 6 miles	Rest Day	Training Run 6 miles	Strength Training	Long Run 15 miles
7	Rest Day	Pace Run 5 miles	Training Run 7 miles	Rest Day	Training Run 6 miles	Strength Training	Long Run 10 miles
8	Rest Day	Pace Run 5 miles	Training Run 7 miles	Rest Day	Training Run 7 miles	Strength Training	Long Run 16 miles
9	Rest Day	Pace Run 6 miles	Training Run 8 miles	Rest Day	Training Run 7 miles	Strength Training	Long Run 18 miles
10	Rest Day	Pace Run 6 miles	Training Run 8 miles	Rest Day	Training Run 7 miles	Strength Training	Long Run 14 miles
11	Rest Day	Pace Run 6 miles	Training Run 8 miles	Rest Day	Training Run 8 miles	Strength Training	Long Run 19 miles
12	Rest Day	Pace Run 6 miles	Training Run 6 miles	Rest Day	Training Run 6 miles	Strength Training	Half Marathon 13.1 miles
13	Rest Day	Pace Run 6 miles	Training Run 8 miles	Rest Day	Training Run 8 miles	Strength Training	Long Run 20 miles
14	Rest Day	Pace Run 6 miles	Training Run 6 miles	Rest Day	Training Run 6 miles	Strength Training	Long Run 12 miles
15	Rest Day	Pace Run 6 miles	Training Run 5 miles	Rest Day	Training Run 4 miles	Strength Training	Long Run 8 miles
16	Rest Day	Training Run 3 miles	Rest Day	Easy Run 3 miles	Training Run 4 miles	Easy Run 2 miles	Marathon 26.2 miles

Training Runs should be done at a comfortable, sustainable pace: 3-4 out of 10 in terms of Rate of Perceived Exertion (RPE).

Pace Runs should be done at your target race pace if you have one, or slightly harder than your regular training runs. 5 out of 10 RPE.

Long Runs should be done at an easy and conversational pace: 2-3 out of 10 RPE.

Strength Training: we recommend compound exercises using weights, like deadlifts, squats, lunges.

For more guidance, visit marathonhandbook.com

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Mark Steyvers



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web handball involves passing of ball from one player hand to another progressively with the objective of scoring goals hence there are certain rules of passing the ball among the players a player cannot take more than three steps while running towards the goal holding the ball whereas landing after catching the ball will not be counted as a

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