

16 Week Marathon Prep for Beginner and Intermediate Runners

Prep Notes:

1. This plan has 4 running days paired with 3 rest days each week.
2. This plan does not include strength training, recovery, and nutrition to support your running ventures. If you are interested in getting some assistance with these, please reach out to me.
3. This plan includes running variations such as base, long, and tempo runs. Please perform a proper cool down and stretching protocol after your runs, especially after your tempo runs.
4. Everyone is different! While this plan may not be exactly tailored to fit your needs/situation, it upholds the standard progression from lower mileage to marathon ready! If you are interested in tailored workouts for strength, mobility, and injury prevention, please reach out to me.
5. RPE = Rate of Perceived Exertion - a.k.a. how hard are you working on a scale from 1-10. 10 being the highest amount of effort.
6. BPM = Beats Per Minute. While I have used the RPE scale for effort, you can log your Heart Rate results to make sure you are staying within the correct zones.
 - a. RPE 5-6 should be zones 2-3
 - b. RPE 6-7 should be zones 3-4
 - c. RPE 3-4 should predominantly stay in zone 2

Week 1 - Total Mileage: 15

Monday: 3 Miles RPE 5-6 + Strength Training

Your Details -

Tuesday: **REST**

Wednesday: 4 Miles RPE 5-6

Your Details -

Thursday: 3 Miles RPE 5-6 + Strength Training

Your Details -

Friday: **REST**

Saturday: 5 Miles RPE 5-6

Your Details -

Sunday: **REST**

Week 2 - Total Mileage: 16

Monday: 3 Miles RPE 5-6 + Strength Training

Your Details -

Tuesday: **REST**

Wednesday: 4 Miles RPE 5-6

Your Details -

Thursday: 3 Miles RPE 5-6 + Strength Training

Your Details -

Friday: **REST**

Saturday: 6 Miles RPE 5-6

Your Details -

Sunday: **REST**

Week 3 - Total Mileage: 17

Monday: 3 Miles RPE 5-6 + Strength Training

Your Details -

Tuesday: **REST**

Wednesday: 4 Miles (with hills if possible) RPE 5-6

Your Details -

Thursday: 1 Mile Warm Up & 2 Miles Tempo RPE 6-7 + Strength Training

Your Details -

Friday: **REST**

Saturday: 7 Miles RPE 5-6

Your Details -

Sunday: **REST**

Week 4 - Total Mileage: 19

Monday: 3 Miles RPE 5-6 + Strength Training

Your Details -

Tuesday: **REST**

Wednesday: 5 Miles (with hills if possible) RPE 5-6

Your Details -

Thursday: 1 Mile Warm Up & 2 Miles Tempo RPE 6-7 + Strength Training

Your Details -

Friday: **REST**

Saturday: 8 Miles RPE 5-6

Your Details -

Sunday: **REST**

Week 5 - Total Mileage: 21

Monday: 3 Miles RPE 5-6 + Strength Training

Your Details -

Tuesday: **REST**

Wednesday: 5 Miles (with hills if possible) RPE 5-6

Your Details -

Thursday: 1 Mile Warm Up & 2 Miles Tempo RPE 6-7 + Strength Training

Your Details -

Friday: **REST**

Saturday: 10 Miles RPE 5-6

Your Details -

Sunday: **REST**

Week 6 - Total Mileage: 24

Monday: 4 Miles RPE 5-6 + Strength Training

Your Details -

Tuesday: **REST**

Wednesday: 5 Miles (with hills if possible) RPE 5-6

Your Details -

Thursday: 1 Mile Warmup & 3 Miles Tempo RPE 6-7 + Strength Training

Your Details -

Friday: **REST**

Saturday: 11 Miles RPE 5-6

Your Details -

Sunday: **REST**

Week 7 - Total Mileage: 26

Monday: 4 Miles RPE 5-6 + Strength Training

Your Details -

Tuesday: **REST**

Wednesday: 6 Miles (with hills if possible) RPE 5-6

Your Details -

Thursday: 1 Mile Warm Up & 3 Miles Tempo RPE 6-7 + Strength Training

Your Details -

Friday: **REST**

Saturday: 12 Miles RPE 5-6

Your Details -

Sunday: **REST**

Week 8 - Total Mileage: 28

Monday: 4 Miles RPE 5-6 + Strength Training

Your Details -

Tuesday: **REST**

Wednesday: 6 Miles (with hills if possible) RPE 5-6

Your Details -

Thursday: 1 Mile Warm Up & 3 Miles Tempo RPE 6-7 + Strength Training

Your Details -

Friday: **REST**

Saturday: 14 Miles RPE 5-6

Your Details -

Sunday: **REST**

Week 9 - Total Mileage: 31

Monday: 4 Miles RPE 5-6 + Strength Training

Your Details -

Tuesday: **REST**

Wednesday: 7 Miles (with hills if possible) RPE 5-6

Your Details -

Thursday: 1 Mile Warm Up & 3 Miles Tempo RPE 6-7 + Strength Training

Your Details -

Friday: **REST**

Saturday: 16 Miles RPE 5-6

Your Details -

Sunday: **REST**

Week 10 - Total Mileage: 34

Monday: 5 Miles RPE 5-6 + Strength Training

Your Details -

Tuesday: **REST**

Wednesday: 8 Miles (with hills if possible) RPE 5-6

Your Details -

Thursday: 1 Mile Warm Up & 4 Miles Tempo RPE 6-7 + Strength Training

Your Details -

Friday: **REST**

Saturday: 16 Miles RPE 5-6

Your Details -

Sunday: **REST**

Week 11 - Total Mileage: 35

Monday: 5 Miles RPE 5-6 + Strength Training

Your Details -

Tuesday: **REST**

Wednesday: 8 Miles (with hills if possible) RPE 5-6

Your Details -

Thursday: 1 Mile Warm Up & 4 Miles Tempo RPE 6-7 + Strength Training

Your Details -

Friday: **REST**

Saturday: 17 Miles RPE 5-6

Your Details -

Sunday: **REST**

Week 12 - Total Mileage: 36

Monday: 5 Miles RPE 5-6 + Strength Training

Your Details -

Tuesday: **REST**

Wednesday: 8 Miles (with hills if possible) RPE 5-6

Your Details -

Thursday: 1 Mile Warm Up & 4 Miles Tempo RPE 6-7 + Strength Training

Your Details -

Friday: **REST**

Saturday: 18 Miles RPE 5-6

Your Details -

Sunday: **REST**

Week 13 - Total Mileage: 38

Monday: 5 Miles RPE 5-6 + Strength Training

Your Details -

Tuesday: **REST**

Wednesday: 8 Miles (with hills if possible) RPE 5-6

Your Details -

Thursday: 1 Mile Warm Up & 4 Miles Tempo RPE 6-7 + Strength Training

Your Details -

Friday: **REST**

Saturday: 20 Miles RPE 5-6

Your Details -

Sunday: **REST**

Week 14 - Total Mileage: 27

Monday: 5 Miles RPE 5-6 + Strength Training

Your Details -

Tuesday: **REST**

Wednesday: 8 Miles (with hills if possible) RPE 5-6

Your Details -

Thursday: 1 Mile Warm Up & 4 Miles Tempo RPE 6-7 + Strength Training

Your Details -

Friday: **REST**

Saturday: 9 Miles RPE 5-6

Your Details -

Sunday: **REST**

Week 15 - Total Mileage: 19

Monday: 3 Miles RPE 5-6 + Strength Training

Your Details -

Tuesday: **REST**

Wednesday: 5 Miles RPE 5-6

Your Details -

Thursday: 3 Miles RPE 5-6 + Strength Training

Your Details -

Friday: **REST**

Saturday: 8 Miles RPE 5-6

Your Details -

Sunday: **REST**

Week 16 (RACE WEEK) - Total Mileage: 34.2

Monday: 3 Miles RPE 3-4

Your Details -

Tuesday: **REST**

Wednesday: 3 Miles RPE 3-4

Your Details -

Thursday: 2 Miles RPE 3-4

Your Details -

Friday: **REST**

Saturday RACE DAY!: 26.2 Miles

Your Details -