

Full Marathon – Beginner Training Schedule

Week	Starting Date	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1	9/7/19	8 miles	30 min easy	cross train	40 min easy	cross train	40 min easy	off
2	9/14/19	9 miles	30 min easy	cross train	40 min easy	cross train	40 min easy	off
3	9/21/19	10 miles	30 min easy	cross train	45 min easy	cross train	45 min easy	off
4	9/28/19	10 miles	30 min easy	cross train	45 min easy	cross train	45 min hills	off
5	10/5/19	11 miles	30 min easy	cross train	50 min easy	cross train	50 min hills	off
6	10/12/19	12 miles	30 min easy	cross train	50 min with 30 min tempo	cross train	50 min hills	off
7	10/19/19	12 miles	30 min easy	cross train	50 min with 30 min tempo	cross train	55 min hills	off
8	10/26/19	10 miles	35 min easy	cross train	55 min with 35 min tempo	cross train	55 min hills	off
9	11/2/19	14 miles	35 min easy	cross train	55 min with 35 min tempo	cross train	55 min hills	off
10	11/9/19	12 miles	35 min easy	cross train	60 min with 40 min tempo	cross train	60 min hills	off
11	11/16/19	16 miles	35 min easy	cross train	60 min with 40 min tempo	cross train	60 min hills	off
12	11/23/19	12 miles	35 min easy	cross train	60 min with 40 min tempo	cross train	60 min hills	off
13	11/30/19	18 miles	35 min easy	cross train	60 min easy	cross train	65 min hills	off
14	12/7/19	12 miles	40 min easy	cross train	65 min with 45 min tempo	cross train	65 min hills	off
15	12/14/19	20 miles	40 min easy	cross train	60 min easy	cross train	65 min hills	off
16	12/21/19	12 miles	40 min easy	cross train	70 min with 50 min tempo	cross train	70 min hills	off
17	12/28/19	22 miles	40 min easy	cross train	60 min easy	cross train	70 min hills	off
18	1/4/20	12 miles	40 min easy	cross train	70 min with 50 min tempo	cross train	70 min hills	off
19	1/11/20	8 miles	40 min easy	cross train	35 min easy	cross train	30 min easy	20 min easy walk
20	1/18/20	off	Carlsbad Full					