

Qualifier Marathon Training Schedule

	Date	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	January 14	8 miles	3 mile run	cross	5 mile pace	5 mile run	3 mile run	rest
Week 2	January 21	9 miles	3 mile run	cross	5 miles	5 mile run	3 mile run	rest
Week 3	January 28	6 miles	3 mile run	cross	5 mile pace	5 mile run	3 mile run	rest
Week 4	February 4	11 miles	3 mile run	cross	6 mile pace	6 mile run	3 mile run	rest
Week 5	February 11	12 miles	3 mile run	cross	6 mile run	6 mile run	3 mile run	rest
Week 6	February 18	9 miles	3 mile run	cross	6 mile pace	5 mile run	3 mile run	rest
Week 7	February 25	14 miles	4 mile run	cross	7 mile pace	7 mile run	4 mile run	rest
Week 8	March 3	15 miles	4 mile run	cross	7 mile run	7 mile run	4 mile run	rest
Week 9	March 10	14 miles	4 mile run	cross	7 mile pace	5 mile run	4 mile run	rest
Week 10	March 17	17 miles	4 mile run	cross	8 mile pace	8 mile run	4 mile run	rest
Week 11	March 24	18 miles	5 mile run	cross	8 mile run	8 mile run	5 mile run	rest
Week 12	March 31	13 miles	5 mile run	cross	8 mile pace	5 mile run	5 mile run	rest
Week 13	April 7	20 miles	5 mile run	cross	5 mile pace	8 mile run	5 mile run	rest
Week 14	April 14	12 miles	5 mile run	cross	8 mile run	5 mile run	5 mile run	rest
Week 15	April 21	20 miles	5 mile run	cross	5 mile pace	8 mile run	5 mile run	rest
Week 16	April 28	12 miles	5 mile run	cross	4 mile pace	6 mile run	5 mile run	rest
Week 17	May 5	8 miles	4 mile run	cross	3 mile run	5 mile run	4 mile run	rest
Week 18	May 12	2 miles	rest	3 mile run	rest	rest	4 mile run	rest
Race Week	May 19	rest	Marathon					