



The Chubby Runner

Beginner Marathon Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	3 mi run	3 mi run	3 mi run	30 min XT	Rest	6	Rest
2	3 mi run	3 mi pace	3 mi run	30 min XT	Rest	7	Rest
3	3 mi run	4 mi run	3 mi run	40 min XT	Rest	6	Rest
4	3 mi run	4 mi pace	3 mi run	40 min XT	Rest	8	Rest
5	3 mi run	4 mi run	3 mi run	45 min XT	Rest	10	Rest
6	3 mi run	4 mi pace	3 mi run	45 min XT	Rest	8	Rest
7	3 mi run	5 mi run	3 mi run	50 min XT	Rest	12	Rest
8	3 mi run	5 mi pace	3 mi run	50 min XT	Rest	10	Rest
9	3 mi run	5 mi run	3 mi run	60 min XT	Rest	10	Rest
10	3 mi run	5 mi pace	3 mi run	60 min XT	Rest	15	Rest
11	3 mi run	5 mi run	3 mi run	45 min XT	Rest	16	Rest
12	3 mi run	2 mi pace	2 mi run	60 min XT	Rest	12	Rest
13	3 mi run	5 mi run	3 mi run	30 min XT	Rest	18	Rest
14	3 mi run	2 mi pace	2 mi run	60 min XT	Rest	15	Rest
15	3 mi run	5 mi run	3 mi run	40 min XT	Rest	20	Rest
16	3 mi run	2 mi pace	2 mi run	60 min XT	Rest	13	Rest
17	3 mi run	5 mi run	3 mi run	30 min XT	Rest	9	Rest
18	3 mi run	2 mi pace	2 mi run	25 min XT	Rest	Marathon	Pancakes