



The Chubby Runner

Marathon Training Plan

| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------|----------|-----------|-----------|-----------|--------|-----------------|----------|
| 1 | 3 mi run | 5 mi run | 3 mi run | 30 min XT | Rest | 8 | Rest |
| 2 | 3 mi run | 5 mi pace | 3 mi run | 30 min XT | Rest | 9 | Rest |
| 3 | 3 mi run | 5 mi run | 3 mi run | 40 min XT | Rest | 5 | Rest |
| 4 | 3 mi run | 6 mi pace | 3 mi run | 40 min XT | Rest | 11 | Rest |
| 5 | 3 mi run | 6 mi run | 3 mi run | 45 min XT | Rest | 12 | Rest |
| 6 | 3 mi run | 6 mi pace | 3 mi run | 45 min XT | Rest | 8 | Rest |
| 7 | 4 mi run | 6 mi run | 4 mi run | 50 min XT | Rest | 13 | Rest |
| 8 | 4 mi run | 7 mi pace | 4 mi run | 50 min XT | Rest | 14 | Rest |
| 9 | 4 mi run | 7 mi run | 4 mi run | 60 min XT | Rest | 15 | Rest |
| 10 | 4 mi run | 7 mi pace | 4 mi run | 60 min XT | Rest | 17 | Rest |
| 11 | 5 mi run | 8 mi run | 5 mi run | 45 min XT | Rest | 18 | Rest |
| 12 | 5 mi run | 8 mi pace | 5 mi run | 60 min XT | Rest | 13 | Rest |
| 13 | 5 mi run | 8 mi run | 5 mi run | 30 min XT | Rest | 19 | Rest |
| 14 | 5 mi run | 5 mi pace | 5 mi run | 60 min XT | Rest | 15 | Rest |
| 15 | 5 mi run | 8 mi run | 5 mi run | 40 min XT | Rest | 20 | Rest |
| 16 | 5 mi run | 4 mi pace | 5 mi run | 60 min XT | Rest | 13 | Rest |
| 17 | 4 mi run | 3 mi run | 4 mi run | 30 min XT | Rest | 9 | Rest |
| 18 | 3 mi run | 2 mi pace | Rest | 25 min XT | Rest | Marathon | Pancakes |