

5K to Marathon

Week #	MON	TUES	WED	THURS	FRI	SAT	SUN
1	Rest	2 miles FR Low intensity	Rest	2 miles Low intensity	Rest	3 miles FR Low intensity	Rest
2	Rest	3 miles FR Low intensity	Cross Training 30 min	3 miles FR Low intensity	Rest	4 miles FR Low intensity	Cross Training Day 20 min
3	Rest	3 miles FFR 2.5 Low intensity, 0.5 moderate intensity	Cross Training Day 30 min	Speed Work Runs (SWR): 3 miles low intensity with 4x30 sec high intensity	Cross Training Day	5 miles FR Low intensity	Cross Training Day 20 min
4	Rest	3 miles FFR 2.25 Low intensity, 0.75 moderate intensity	Cross Training Day 30 min	SWR: 3 miles low intensity with 4x30 sec high intensity	Rest	5K Race	Cross Training Day 20 min
5	Rest	4 miles FFR 3.5 Low intensity, 0.5 moderate intensity	Cross Training Day 35 min	3 miles FR Low intensity	Hill repeats: 1-mile low intensity 6x30 sec up- hill high intensity, 90 seconds low intensity) 1-mile low intensity	Cross Training Day 35 min	7 miles FR Low intensity
6	Rest	4.5 miles FFR 3.75 Low intensity, 0.75 moderate intensity	Cross training day 35 min	3.5 FR miles Low intensity	Hill repeats: 1-mile low intensity 8x30 sec up- hill high intensity, 90 seconds low intensity) 1-mile low intensity	Cross Training Day 35 min	8 miles FR Low intensity
7	Rest	5 miles FFR 4 Low intensity, 1 moderate intensity	Cross training day 35 min	4 miles FR Low intensity	HR: 1-mile low inten- sity 10x30 sec uphill high intensity, 90 seconds low intensity)	Cross Training Day 35 min	9 miles FR Low intensity
8	Rest	4 miles FFR 3 Low intensity, 1 moderate intensity	Cross training day 35 min	SWR: 4 miles low intensity with 6x30 sec high intensity	Rest	10K Race	Cross Training 25 min
9	Rest	Tempo runs 1.5 miles low, 2 miles moderate, 1.5 low intensity	Cross training day 40 min	4.5 miles FR Low intensity	HR: 1 mile low intensity 6x1 min uphill high intensity, 2 min low intensity) 1 mile low intensity	Cross Training 40 min	Long Run 10 miles Low intensity
10	Rest	TR: 1.5 miles low, 2.5 miles moderate, 1.5 miles low	Cross Training Day 40 min	5 miles FR Low intensity	HR: 1 mile low intensity 8x1 min uphill high intensity, 2 min low intensity) 1 mile low intensity	Cross Training Day 40 min	12 miles LR Low intensity
11	Rest	TR: 1.5 miles low, 3 miles moderate, 1.5 miles low	Cross Training Day 40 min	5.5 miles FR Low intensity	HR: 1 mile low intensity 10x1 min uphill high intensity, 2 min low intensity) 1 mile low intensity	Cross Training Day 40 min	14 miles LR Low intensity
12	Rest	6 miles FFR: 5 miles low intensity 1 mile moderate intensity	Cross Training 35 min	4.5 miles FR Low intensity	SWR: 4 miles low intensity with 6x30 sec high intensity	Rest	Half Marathon
13	Rest	6 miles FR Low intensity	TR: 1.5 miles low, 3.5 miles moderate, 1.5 miles low	Cross Training 45 min	SR: 6 miles low intensity with 6x1 min high intensity	Cross Training Day 45 min	16 miles LR Low intensity
14	Rest	TR: 1.5 miles low, 4 miles moderate, 1.5 miles low	Cross Training Day 45 min	6 miles FR Low intensity	SR: 7 miles low intensity with 7x1 min high intensity	Cross Training Day 45 min	18 miles LR Low intensity
15	Rest	TR: 1.5 miles low, 3 miles moderate, 1.5 miles low	Cross Training Day 40 min	6 miles FR Low intensity	HR: 1 mile low intensity 6x1 min uphill high intensity, 2 min low intensity) 1 mile low intensity	Cross Training Day 35 min	14 miles LR Low intensity
16	Rest	6 miles FFR: 5 miles low 1 mile moderate	Cross Training Day 35 min	5 miles FR Low intensity	SR: 4 miles low intensity with 4x30 sec high intensity	Rest	MARATHON!

Foundation Runs (FR):

Runs that are steady pace and low intensity.

Hill Repeats (HR):

Repeated High intensity uphill running

Fast Finish Runs (FFR):

Foundation runs, with a moderate level at the end.

Long Runs (LR):

Foundation Runs that are longer

Speed Work Runs (SWR):

Short bursts of high intensity running placed throughout a low-intensity run

Tempo Runs (TR):

A Moderate intensity run in between a warm-up and cooldown low-intensity period

Cross training (XT):

Non-impact cardio like cycle class, elliptical, stair climbing, swimming, rowing or weight training, yoga, pilates, etc