



# 20 Week Full Marathon Training Plan

This plan is for healthy runners who have had some experience training for and running marathons, including hard workouts. Make sure you have been running before starting this program.

For personalized training with virtual and local in-person options, contact Plateau Racing, our Official Training Partner. [www.plateauracing.com/](http://www.plateauracing.com/)



Week	MON	TUE	WED	THU	FRI	SAT	SUN
1	3 miles	Rest	3 miles	Rest	3 miles	Rest	6 miles
2	3 miles	Rest	Hill Repeats	Rest	3 miles	Rest	7 miles
3	3 miles	Rest	4 miles	Rest	3 miles	Rest	8 miles
4	3 miles	Rest	Tempo	Rest	3 miles	Rest	7 miles
5	3 miles	Rest	4 miles	Rest	3 miles	Rest	9 miles
6	3 miles	Rest	Intervals	Rest	3 miles	Rest	11 miles
7	4 miles	Rest	5 miles	Rest	3 miles	Rest	12 miles
8	3 miles	Rest	Hill Repeats	Rest	4 miles	Rest	11 miles
9	3 miles	Rest	6 miles	Rest	4 miles	Rest	13 miles
10	3 miles	Rest	Tempo	Rest	4 miles	Rest	15 miles
11	4 miles	Rest	7 miles	Rest	4 miles	Rest	13 miles
12	4 miles	Rest	Intervals	Rest	6 miles	Rest	15 miles
13	4 miles	Rest	8 miles	Rest	4 miles	Rest	17 miles
14	4 miles	Rest	Hill Repeats	Rest	5 miles	Rest	15 miles
15	5 miles	Rest	7 miles	Rest	5 miles	Rest	17 miles
16	5 miles	Rest	Tempo	Rest	6 miles	Rest	18 miles
17	5 miles	Rest	7 miles	Rest	5 miles	Rest	20 miles
18	5 miles	Rest	Intervals	Rest	4 miles	Rest	12 miles
19	4 miles	Rest	5 miles	Rest	4 miles	Rest	8 miles
20	3 miles	Rest	Rest	3 miles	Rest	Rest	Marathon