

16-week beginner marathon plan (template)

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun (long)
1	Rest	3 easy	4 incl. pace	Rest	3 easy	Cross-train	6 mi
2	Rest	3 easy	4 incl. pace	Rest	3 easy	Cross-train	7 mi
3	Rest	3 easy	4 incl. pace	Rest	3 easy	Cross-train	8 mi
4	Rest	3 easy	5 incl. pace	Rest	3 easy	Cross-train	6 mi
5	Rest	4 easy	5 incl. pace	Rest	3 easy	Cross-train	10 mi
6	Rest	4 easy	5 incl. pace	Rest	4 easy	Cross-train	11 mi
7	Rest	4 easy	6 incl. pace	Rest	4 easy	Cross-train	12 mi
8	Rest	4 easy	6 incl. pace	Rest	4 easy	Cross-train	9 mi
9	Rest	5 easy	6 incl. pace	Rest	4 easy	Cross-train	14 mi
10	Rest	5 easy	7 incl. pace	Rest	4 easy	Cross-train	15 mi
11	Rest	5 easy	7 incl. pace	Rest	5 easy	Cross-train	16 mi
12	Rest	5 easy	7 incl. pace	Rest	5 easy	Cross-train	12 mi
13	Rest	6 easy	8 incl. pace	Rest	5 easy	Cross-train	18 mi
14	Rest	6 easy	8 incl. pace	Rest	5 easy	Cross-train	12 mi
15	Rest	3 easy	3 easy	Rest	2 easy	Cross-train	8 mi
16	Rest	3 easy	3 easy	Rest	Rest	Cross-train	RACE

Miles. A general template — build gradually, rest when needed and adjust for your health and experience.