

Sample Marathon Training Program

www.Sophros Fitness.com

Contact T.J.Ford at Sophros Fitness today to begin your marathon training program.

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Base							
Week 18	Rest	4	3	3	Rest	8	3
Week 17	Rest	4	4	4	Rest	8 or 9	4
Week 16	4	Rest	Rest	4	3	10	4
Week 15	(actual Training Program would include information here)						
Week 14							
Week 13							
Week 12							
Week 11							
Week 10							
Week 9							
Week 8							
Week 7	4	6	Rest	6	4	13 Coburg _ marathon	6 or X-train
Week 6	6	R	5	5	4	20	Rest/X-train
Week 5	4	6	5	6	Rest	13	6
Week 4	Rest	4	4	4	4	20	Rest/Xtrain
Week 3	(actual Training Program would include information here)						
Week 2							
Race Week							