

# Commonwealth Running Company Marathon Training Programs

## 16-Week Beginner Marathon Training Program

 commonwealth <small>RUNNING COMPANY</small>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Miles
Week One	3	Rest	4	3	Rest	5	Rest	15
Week Two	3	Rest	4	3	Rest	6	Rest	16
Week Three	3	Rest	4	3	Rest	7	Rest	17
Week Four	3	Rest	5	3	Rest	8	Rest	19
Week Five	3	Rest	5	3	Rest	10	Rest	21

<b>Week Six</b>	<b>4</b>	Rest	<b>5</b>	<b>4</b>	Rest	<b>11</b>	Rest	<b>24</b>
<b>Week Seven</b>	<b>4</b>	Rest	<b>6</b>	<b>4</b>	Rest	<b>12</b>	Rest	<b>26</b>
<b>Week Eight</b>	<b>4</b>	Rest	<b>6</b>	<b>4</b>	Rest	<b>14</b>	Rest	<b>28</b>
<b>Week Nine</b>	<b>4</b>	Rest	<b>7</b>	<b>4</b>	Rest	<b>16</b>	Rest	<b>31</b>
<b>Week Ten</b>	<b>5</b>	Rest	<b>8</b>	<b>5</b>	Rest	<b>16</b>	Rest	<b>34</b>
<b>Week Eleven</b>	<b>5</b>	Rest	<b>8</b>	<b>5</b>	Rest	<b>17</b>	Rest	<b>35</b>
<b>Week Twelve</b>	<b>5</b>	Rest	<b>8</b>	<b>5</b>	Rest	<b>18</b>	Rest	<b>36</b>
<b>Week Thirteen</b>	<b>5</b>	Rest	<b>8</b>	<b>5</b>	Rest	<b>20</b>	Rest	<b>38</b>

<b>Week Fourteen</b>	<b>5</b>	Rest	<b>8</b>	<b>5</b>	Rest	<b>9</b>	Rest	<b>27</b>
<b>Week Fifteen</b>	<b>3</b>	Rest	<b>5</b>	<b>3</b>	Rest	<b>8</b>	Rest	<b>19</b>
<b>Week Sixteen</b>	<b>3</b>	Rest	<b>3</b>	Walk 2	Rest	<b>26.2 Race</b>	Rest	

### 16-Week Intermediate Marathon Training Program

 <b>commonwealth</b> RUNNING COMPANY	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>	<b>Total Miles</b>
<b>Week One</b>	<b>5</b>	Cross Train 30 Min	<b>4</b>	<b>5</b>	Rest	<b>8</b>	Rest	<b>22</b>
<b>Week Two</b>	<b>5</b>	Cross Train 30 Min	<b>4</b>	<b>5</b>	Rest	<b>9</b>	Rest	<b>23</b>

<b>Week Three</b>	<b>6</b>	<b>Cross Train 30 Min</b>	<b>5</b>	<b>5</b>	Rest	<b>10</b>	Rest	<b>26</b>
<b>Week Four</b>	<b>6</b>	<b>Cross Train 30 Min</b>	<b>5</b>	<b>6</b>	Rest	<b>12</b>	Rest	<b>29</b>
<b>Week Five</b>	<b>6</b>	<b>Cross Train 30 Min</b>	<b>5</b>	<b>6</b>	Rest	<b>14</b>	Rest	<b>31</b>
<b>Week Six</b>	<b>6</b>	<b>Cross Train 30 Min</b>	<b>5</b>	<b>7</b>	Rest	<b>15</b>	Rest	<b>33</b>
<b>Week Seven</b>	<b>6</b>	<b>Cross Train 30 Min</b>	<b>6</b>	<b>7</b>	Rest	<b>16</b>	Rest	<b>35</b>
<b>Week Eight</b>	<b>6</b>	<b>Cross Train 30 Min</b>	<b>6</b>	<b>7</b>	Rest	<b>17</b>	Rest	<b>36</b>
<b>Week Nine</b>	<b>6</b>	<b>Cross Train 30 Min</b>	<b>7</b>	<b>7</b>	Rest	<b>19</b>	Rest	<b>39</b>

<b>Week Ten</b>	<b>6</b>	Cross Train 30 Min	<b>8</b>	<b>7</b>	Rest	<b>17</b>	Rest	<b>38</b>
<b>Week Eleven</b>	<b>6</b>	Cross Train 30 Min	<b>8</b>	<b>8</b>	Rest	<b>20</b>	Rest	<b>42</b>
<b>Week Twelve</b>	<b>6</b>	Cross Train 30 Min	<b>8</b>	<b>8</b>	Rest	<b>17</b>	Rest	<b>39</b>
<b>Week Thirteen</b>	<b>6</b>	Cross Train 30 Min	<b>8</b>	<b>8</b>	Rest	<b>22</b>	Rest	<b>44</b>
<b>Week Fourteen</b>	<b>6</b>	Cross Train 30 Min	<b>7</b>	<b>7</b>	Rest	<b>16</b>	Rest	<b>36</b>
<b>Week Fifteen</b>	<b>5</b>	Cross Train 30 Min	<b>5</b>	<b>5</b>	Rest	<b>9</b>	Rest	<b>24</b>
<b>Week Sixteen</b>	<b>4</b>	Cross Train 30 Min	<b>4</b>	Walk 2	Rest	<b>26.2 Race</b>	Rest	

## 18-Week Advanced Marathon Program

 <b>commonwealth</b> <small>RUNNING COMPANY</small>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week One</b>	3 Miles	4 miles + strength	Fartlek- 3 mile	4 miles + strength	4 miles Race Pace	Rest	<b>10 Miles</b>
<b>Week Two</b>	4 Miles	5 miles + strength	Interval 2 X 1600m	5 miles + strength	5 miles Race Pace	Rest	<b>12 miles</b>
<b>Week Three</b>	4 miles	6 miles + strength	Hill- 3 mile	6 miles + strength	6 miles Race Pace	Rest	<b>13 miles</b>
<b>Week Four</b>	4 miles	6 miles + strength	Fartlek- 4 mile	6 miles + strength	6 miles Race Pace	Rest	<b>12 miles</b>
<b>Week Five</b>	4 miles	6 miles + strength	Interval 4 X 800m	5 miles + strength	7 miles Race Pace	Rest	<b>14 miles</b>

<b>Week Six</b>	4 miles	6 miles + strength	Hill- 4 mile	4 miles + strength	5 miles Race Pace	Rest	10 miles
<b>Week Seven</b>	4 miles	7 miles + strength	Fartlek- 4 mile	5 miles	7 miles Race Pace	Rest	16 miles
<b>Week Eight</b>	4 miles	7 miles	Interval 6 X 800m	6 miles	8 miles	Rest	18 miles
<b>Week Nine</b>	4 miles	6 miles	3 miles	4 miles + strength	9 miles Race Pace	Rest	12 miles
<b>Week Ten</b>	4 miles	8 miles + strength	Fartlek- 5 mile	6 miles	8 miles	Rest	20 miles
<b>Week Eleven</b>	4 miles	8 miles	Interval 7 X 800m	5 miles + strength	10 miles Race Pace	Rest	10 miles
<b>Week Twelve</b>	4 miles	8 miles + strength	Hill- 5 mile	6 miles	8 miles	Rest	22 miles
<b>Week Thirteen</b>	4 miles	6 miles	5 miles	5 miles + strength	10 miles Race Pace	Rest	12 miles

<b>Week Fourteen</b>	5 miles	9 miles + strength	Interval 8 X 800m	6 miles	7 miles	Rest	23 miles
<b>Week Fifteen</b>	4 miles	7 miles	Hill- 6 mile	4 miles + strength	5 miles Race Pace	Rest	18 miles
<b>Week Sixteen</b>	4 miles	6 miles + strength	Fartlek- 5 mile	3 miles	4 miles Race Pace	Rest	12 miles
<b>Week Seventeen</b>	3 miles	5 miles + strength	Hill- 4 mile	Rest	4 miles	Rest	10 miles
<b>Week Eighteen</b>	3 miles	4 miles	Rest	2 miles	Rest	Rest	<b>RACE DAY!</b> 26.2