

18-Week Beginner Marathon Training Plan

Week	Focus	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Strength	Notes
1	Building a base	Rest	2 miles (easy/walk-run if needed)	Rest	2 miles (easy)	Rest	30 mins cross-training	3 miles (easy)	1 session/week	Focus on gentle mileage build.
2	Building a base	Rest	2 miles (easy/walk-run if needed)	Rest	2 miles (easy)	Rest	30 mins cross-training	3 miles (easy)	1 session/week	Same as Week 1.
3	Building a base	Rest	2 miles (easy/walk-run if needed)	Rest	2 miles (easy)	Rest	30 mins cross-training	3 miles (easy)	1 session/week	Same as Week 1. Assess progress, adjust if needed.
4	Building a base	Rest	2 miles (easy/walk-run if needed)	Rest	2 miles (easy)	Rest	30 mins cross-training	3 miles (easy)	1 session/week	Same as Week 1.
5	Gradual progression	Rest	3 miles (easy)	Rest	2–3 miles (easy)	Rest	30–40 mins cross-training	4 miles (long run)	2 sessions/week	Increase weekly long run.
6	Gradual progression	Rest	3 miles (easy)	Rest	2–3 miles (easy)	Rest	30–40 mins cross-training	5 miles (long run)	2 sessions/week	Long run increases by 1 mile from Week 5.
7	Gradual progression	Rest	3 miles (easy)	Rest	2–3 miles (easy)	Rest	30–40 mins cross-training	6 miles (long run)	2 sessions/week	Another 1-mile increase for the long run.
8	Gradual progression	Rest	3 miles (easy)	Rest	2–3 miles (easy)	Rest	30–40 mins cross-training	6 miles (long run)	2 sessions/week	Same as Week 7—steady mileage.
9	Peak building	Rest	4 miles (easy)	Rest	3–4 miles (easy + strides)	Rest	30–45 mins cross-training	7 miles (long run)	2 sessions/week	Intensifying distance slightly.
10	Peak building	Rest	4 miles (easy)	Rest	3–4 miles (easy + strides)	Rest	30–45 mins cross-training	8 miles (long run)	2 sessions/week	Long run increases again.
11	Peak building	Rest	4 miles (easy)	Rest	3–4 miles (easy + strides)	Rest	30–45 mins cross-training	10 miles (long run)	2 sessions/week	Continuing mileage build.
12	Peak building	Rest	4 miles (easy)	Rest	3–4 miles (easy + strides)	Rest	30–45 mins cross-training	12 miles (long run)	2 sessions/week	Big jump in long run volume.
13	Peak training	Rest	4–5 miles (easy)	Rest	3 miles (easy)	Rest	Cross-training (easy)	15 miles (long run, run-walk if needed)	Reduced intensity - 1 session/week	Focus on mobility. Long run includes walk breaks as needed.
14	Peak training	Rest	4–5 miles (easy)	Rest	3 miles (easy)	Rest	Cross-training (easy)	16–17 miles (long run)	Reduced intensity - 1 session/week	Final big push in mileage. Incorporate run-walk if needed.
15	Initial taper	Rest	4–5 miles (easy)	Rest	3 miles (easy)	Rest	Cross-training (easy)	10 miles (long run)	Reduced intensity - 1 session/week	Significant drop in long run to begin taper.
16	Final taper	Rest	4 miles (easy)	Rest	3 miles (easy)	Rest	Cross-training (easy)	8 miles (easy)	Reduced intensity - 1 session/week	Further mileage reduction to promote recovery.
17	Final taper	Rest	3 miles (easy)	Rest	2–3 miles (easy)	Rest	Light cross-training (optional)	6 miles (easy)	Reduced intensity - 1 session/week	Keep runs relaxed, preserve energy for race day.
18	Race week	Rest	2–3 miles (easy)	Rest	2 miles (very easy)	Rest	Rest	Race Day: 26.2 miles	N/A	Hydrate, pace conservatively, use run-walk if needed.