

# DETROIT FREE PRESS MARATHON



## 2019 Marathon Training Plan

\*Run 2/Walk 1 = Run for 2 minutes, walk for 1 minute, repeat

	WK	DATES	MON	TUES	WED	THURS	FRI	SAT	SUN
Regular Training	1	JUN 3-9	3 Miles Easy	3 Miles Easy	Strength & Core	3 Miles Hard	Rest	5 Miles Long	Rest
	2	JUN 10-16	3 Miles Easy	3 Miles Easy	Strength & Core	4 Miles Hard	Rest	6 Miles Long	Rest
	3	JUN 17-23	3 Miles Easy	4 Miles Easy	Strength & Core	3 Miles Hard	Rest	6 Miles Long	Rest
	4	JUN 24-30	3 Miles Easy	4 Miles Easy	Strength & Core	3 Miles Hard	Rest	8 Miles Long	Rest
	5	JUL 1-7	3 Miles Easy	5 Miles Easy	Strength & Core	3 Miles Hard	Rest	10 Miles Long	Rest
	6	JUL 8-14	3 Miles Easy	5 Miles Easy	Strength & Core	3 Miles Hard	Rest	7 Miles Long	Rest
	7	JUL 15-21	3 Miles Easy	6 Miles Easy	Strength & Core	3 Miles Hard	Rest	12 Miles Long	Rest
	8	JUL 22-28	3 Miles Easy	6 Miles Easy	Strength & Core	4 Miles Easy	Rest	13.1 Miles (Half Marathon)	Rest
	9	JUL 29-AUG 4	3 Miles Easy	7 Miles Easy	Strength & Core	4 Miles Hard	Rest	10 Miles Long	Rest
	10	AUG 5-11	3 Miles Easy	7 Miles Easy	Strength & Core	4 Miles Hard	Rest	15 Miles Long	Rest
	11	AUG 12-18	4 Miles Easy	8 Miles Easy	Strength & Core	4 Miles Hard	Rest	16 Miles Long	Rest
	12	AUG 19-25	4 Miles Easy	8 Miles Easy	Strength & Core	5 Miles Hard	Rest	10 Miles Long	Rest
	13	AUG 26-SEP 1	5 Miles Easy	9 Miles Easy	Strength & Core	5 Miles Hard	Rest	17 Miles Long	Rest
	14	SEP 2-8	5 Miles Easy	9 Miles Easy	Strength & Core	5 Miles Hard	Rest	14 Miles Long	Rest
	15	SEP 9-15	5 Miles Easy	10 Miles Easy	Strength & Core	5 Miles Hard	Rest	18 Miles Long	Rest
	16	SEP 16-22	5 Miles Easy	8 Miles Easy	Strength & Core	5 Miles Hard	Rest	12 Miles Long	Rest
	17	SEP 23-29	5 Miles Easy	10 Miles Easy	Strength & Core	5 Miles Hard	Rest	20 Miles Long	Rest
	18	SEP 30 - OCT 6	5 Miles Easy	8 Miles Easy	Strength & Core	4 Miles Hard	Rest	12 Miles Long	Rest
	19	OCT 7-13	4 Miles Easy	6 Miles Easy	Strength & Core	3 Miles Hard	Rest	8 Miles Long	Rest
	20	OCT 14-20	3 Miles Easy	4 Miles Easy	Strength & Core	2 Miles Hard	Rest	Rest	<b>RACE DAY</b>