

Advanced Beginner Marathon Training Schedule

20 - Week Marathon Training Plan If You've Already Run at Least One Half Marathon

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So you've already run at least one half-marathon (13.1 miles) road race, and you're ready to take on the challenge of the marathon. Use this 20-week advanced beginner marathon schedule to train for your marathon.

Is This the Right Marathon Training Plan for you?

This schedule is geared towards runners who can run four miles comfortably and can run four to five days per week. If you're not up to that, try the [beginner runner marathon schedule](#).

Remember the Magee 1866 Marathon is a challenging course. Be sure to include some runs on hilly routes to prepare for this. Every second week your long run should be on a hilly route!

If this plan doesn't seem challenging enough, try the [intermediate marathon schedule](#).

Details of the Advanced Beginner Marathon Training Plan

Mondays: Mondays are usually rest days. Don't ignore rest days - they are important to your recovery and **Injury prevention** efforts. Your muscles build and repair themselves during your rest days.

You're not going to gain much strength and you're increasing your risk of injury if you don't take some rest days.

Tuesdays and Thursdays: After your **warm up**, run at a comfortable pace for the designated mileage.

Wednesdays: After you run a 10 minute warm-up, run the designated mileage at your "marathon race pace" (RP). Follow that with a 10-minute cool-down. If you're not sure what your marathon race pace is, add 45 seconds per mile to your half-marathon pace.

Fridays: Do a **cross-training** (CT) activity (biking, swimming, elliptical trainer, etc.) at an easy-to-moderate effort for 30-45 minutes. If you're feeling very sluggish or sore on Friday, take a rest day. It's important that you're feeling strong for your Saturday long run.

Saturdays: This is the day for your long slow distance run. Run the designated mileage at an easy, conversational pace. Use your breathing as a guide. You should be able to breathe easily and talk in complete sentences comfortably during your run.

Sundays: Sundays are active recovery days. Run at an easy (EZ), comfortable pace to help loosen up your muscles. If you're tired after your long run just go for a walk instead.

Switching Days: You can switch days to accommodate your schedule. So, if you prefer to workout on a Monday or Friday, it's fine to swap a rest day for a run day.

Abbreviations: mi = miles; RP = marathon race pace; CT = cross-training; EZ = easy, comfortable pace.

Advanced Beginner Marathon Training Schedule

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Feb 19	Rest	3 mi	Rest	3 mi	Rest	4 mi	3 mi EZ or Walk
2	Rest	3 mi	2 mi	3 mi	CT or Rest	5 mi	3 mi EZ
3	Rest	3 mi	2 mi RP	4 mi	CT or Rest	6 mi	3 mi EZ

4	Rest	3 mi	2 mi RP	4 mi	CT or Rest	7 mi	3 mi EZ
5	Rest	4 mi	2.5 mi RP	4 mi	CT or Rest	6 mi	3 mi EZ
6	Rest	4 mi	2.5 mi RP	4 mi	CT or Rest	8 mi	3 mi EZ
7	Rest	4 mi	3 mi RP	4 mi	CT or Rest	10 mi	3 mi EZ
8	Rest	4 mi	3 mi RP	5 mi	CT or Rest	8 mi	3 mi EZ
9	Rest	4 mi	3 mi RP	4 mi	CT or Rest	12 mi	Rest
10	Rest	4 mi	3 mi RP	5 mi	CT or Rest	14 mi	3 mi EZ
11	Rest	4 mi	4 mi RP	4 mi	CT or Rest	16 mi	3 mi EZ
12	Rest	5 mi	5 mi RP	5 mi	CT or Rest	10 mi	3 mi EZ
13	Rest	5 mi	4 mi RP	5 mi	CT or Rest	16 mi	3 mi EZ
14	Rest	4 mi	5 mi RP	5 mi	CT or Rest	10 mi	3 mi EZ
15	Rest	4 mi	4 mi RP	5 mi	CT or Rest	18 mi	Rest
16	3 mi EZ	5 mi	4 mi RP	6 mi	CT or Rest	12mi	3 mi EZ
17	Rest	4 mi	4 mi RP	6 mi	CT or Rest	20 mi	3 mi EZ
18	Rest	4 mi	CT	4 mi	CT or Rest	12 mi	3 mi EZ
19	Rest	3mi	30 mins RP	3 mi	Rest	8 mi	3 mi EZ
20	Rest	2 mi	Rest	20 minutes	Rest	20 minutes	RACE DAY!

