

# Beginner Marathon Training Schedule

## Train for Your First Marathon

Congratulations on your decision to train for your first marathon! This training schedule (see table below) is perfect for a beginner runner and a first-time marathoner whose goal is to finish the 26.2 mile race. To start this beginner marathon training schedule, you should have been running for at least six months and should have a base mileage of 12-15 miles per week. Training for a marathon is a huge endeavor, but if you make the commitment and get consistent training then anyone can do it !

Remember the Magee1866 Marathon is on a hilly, challenging course. So include some runs on hilly routes and every second long run on a hilly route.

If the schedule below seems too easy for you, try the [advanced beginner marathon schedule](#).

If you haven't already had a physical, visit your doctor for [medical clearance](#) to train for a marathon.

## Getting Started With the Training Schedule

Here's what to expect each week during your marathon training:

**Mondays:** Most Mondays are [rest days](#). Rest is critical to your recovery and [injury prevention](#) efforts, so don't ignore rest days.

**Tuesdays and Thursdays:** After [your warm up](#), run at a moderate pace (slightly faster than your long run pace) for the designated mileage. Cool down and stretch after your run.

**Wednesdays and Fridays:** Do a **cross-training (CT) activity** (biking, swimming, elliptical trainer, etc.) at easy to moderate effort for 30-45 minutes. It's also beneficial to do overall body **strength training** at least once a week.

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 long runs.

**Sundays:** This is an active recovery day. Your short run should be at a very easy (EZ), comfortable pace, which helps loosen tight muscles.

Note: You can switch days to accommodate your schedule. Just make sure you don't do two really intense or long workout days in a row.

## Beginners' Marathon Training Schedule

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

4	Rest	3 mi	Rest	4 mi	Rest	4 mi	3 mi EZ
5	Rest	4 mi	CT	4 mi	Rest	6 mi	3 mi EZ
6	Rest	4 mi	CT	4 mi	Rest	8 mi	3 mi EZ
7	Rest	4 mi	CT	4 mi	CT or Rest	10 mi	3 mi EZ
8	Rest	4 mi	CT	4 mi	CT or Rest	8 mi	3 mi EZ
9	Rest	4 mi	CT	4 mi	CT or Rest	12 mi	Rest
10	Rest	4 mi	Rest	4 mi	CT or Rest	10 mi	3 mi EZ
11	Rest	4 mi	CT	4 ki	CT or Rest	14 mi	3 mi EZ
12	Rest	5 mi	CT	5 mi	CT or Rest	10 mi	3 mi EZ
13	Rest	4 mi	CT	5 mi	CT or Rest	16 mi	3 mi EZ
14	Rest	4 mi	CT	5 mi	CT or Rest	12 mi	3 mi EZ
15	Rest	4 mi	CT	5 mi	CT or Rest	18 mi	Rest
16	Rest	5 mi	Rest	6 mi	CT or Rest	12 mi	3 mi EZ
17	Rest	4 mi	CT	6 mi	CT or Rest	18-20 mi 3 hrs 30 max.	3 mi EZ
18	Rest	4 mi	CT	4 mi	CT or Rest	12 mi	3 mi EZ
19	Rest	3 mi	20 minutes	3 mi	Rest	7 mi	3 mi EZ
20	Rest	2 mi	Rest	20 minutes	Rest	20 minutes	Race Day!



