

12 Month Marathon Training

Monday, June 14, 2010		Week 1	Stage 1/25
Monday	Jog for 15 mins		
Tuesday	Rest Day		
Wednesday	Jog for 10 mins		
Thursday	Rest Day		
Friday	Rest Day		
Saturday	Rest Day		
Sunday	Jog for 20 mins		
Monday, June 21, 2010		Week 2	Stage 1/25
Monday	Jog for 15 mins		
Tuesday	Rest Day		
Wednesday	Jog for 10 mins, walk for 10 mins, Jog for 5 mins		
Thursday	Rest Day		
Friday	Rest Day		
Saturday	Rest Day		
Sunday	Jog for 20 mins		
Monday, June 28, 2010		Week 3	Stage 1/25
Monday	Jog for 15 mins		
Tuesday	Rest Day		
Wednesday	Jog for 10 mins, walk for 10 mins, Jog for 5 mins		
Thursday	Jog for 15 mins		
Friday	Rest Day		
Saturday	Rest Day		
Sunday	Jog for 20 mins		
Monday, July 05, 2010		Week 4	Stage 1/25
Monday	Jog for 15 mins		
Tuesday	Jog for 15 mins		
Wednesday	Jog for 10 mins, walk for 10 mins, Jog for 5 mins		
Thursday	Jog for 15 mins		
Friday	Rest Day		
Saturday	Rest Day		
Sunday	Jog for 20 mins		
Monday, July 12, 2010		Week 5	Stage 2/25
Monday	Jog for 15 mins		
Tuesday	Jog for 15 mins		
Wednesday	Jog for 10 mins, walk for 10 mins, Jog for 5 mins		
Thursday	Jog for 15 mins		
Friday	Jog for 15 mins, walk for 5 mins, jog for 10 mins		
Saturday	Rest Day		
Sunday	Jog for 20 mins		
Monday, July 19, 2010		Week 6	Stage 2/25
Monday	Jog for 15 mins		
Tuesday	Jog for 15 mins		
Wednesday	Jog for 10 mins, walk for 10 mins, Jog for 5 mins		
Thursday	Jog for 15 mins		
Friday	Jog for 15 mins, walk for 5 mins, jog for 10 mins		
Saturday	Rest Day		
Sunday	Jog for 20 mins		
Monday, July 26, 2010		Week 7	Stage 2/25
Monday	Jog for 15 mins		
Tuesday	Jog for 15 mins		
Wednesday	Jog for 10 mins, walk for 10 mins, Jog for 5 mins		
Thursday	Jog for 15 mins		
Friday	Jog for 15 mins, walk for 5 mins, jog for 10 mins		
Saturday	Rest Day		
Sunday	Jog for 20 mins		
Monday, August 02, 2010		Week 8	Stage 2/25
Monday	Jog for 15 mins		

Tuesday	Jog for 15 mins
Wednesday	Jog for 10 mins, walk for 10 mins, Jog for 5 mins
Thursday	Jog for 15 mins
Friday	Jog for 15 mins, walk for 5 mins, jog for 10 mins
Saturday	Rest Day
Sunday	Jog for 20 mins
Monday, August 09, 2010	
Week 9	
Stage 3/25	
Monday	Jog for 15 mins
Tuesday	Jog for 20 mins
Wednesday	Jog for 15 mins, walk for 10 mins, jog for 10 mins
Thursday	Jog For 20 mins
Friday	Jog for 15 mins, walk for 5 mins, jog for 15 mins
Saturday	Rest Day
Sunday	Jog for 30 mins
Monday, August 16, 2010	
Week 10	
Stage 3/25	
Monday	Jog for 15 mins
Tuesday	Jog for 20 mins
Wednesday	Jog for 15 mins, walk for 10 mins, jog for 10 mins
Thursday	Jog For 20 mins
Friday	Jog for 15 mins, walk for 5 mins, jog for 15 mins
Saturday	Rest Day
Sunday	Jog for 30 mins
Monday, August 23, 2010	
Week 11	
Stage 3/25	
Monday	Jog for 15 mins
Tuesday	Jog for 20 mins
Wednesday	Jog for 15 mins, walk for 10 mins, jog for 10 mins
Thursday	Jog For 20 mins
Friday	Jog for 15 mins, walk for 5 mins, jog for 15 mins
Saturday	Rest Day
Sunday	Jog for 30 mins
Monday, August 30, 2010	
Week 12	
Stage 3/25	
Monday	Jog for 15 mins
Tuesday	Jog for 20 mins
Wednesday	Jog for 15 mins, walk for 10 mins, jog for 10 mins
Thursday	Jog For 20 mins
Friday	Jog for 15 mins, walk for 5 mins, jog for 15 mins
Saturday	Rest Day
Sunday	Jog for 30 mins
Monday, September 06, 2010	
Week 13	
Stage 4/25	
Monday	Jog for 20 mins
Tuesday	Jog for 25 mins
Wednesday	Jog for 10 mins, run for 5 mins, jog for 15 mins
Thursday	Jog For 25 mins
Friday	Jog for 15 mins, Run For 8 mins, jog for 15 mins
Saturday	Rest Day
Sunday	Jog for 40 mins
Monday, September 13, 2010	
Week 14	
Stage 4/25	
Monday	Jog for 20 mins
Tuesday	Jog for 25 mins
Wednesday	Jog for 10 mins, run for 5 mins, jog for 15 mins
Thursday	Jog For 25 mins
Friday	Jog for 15 mins, Run For 8 mins, jog for 15 mins
Saturday	Rest Day
Sunday	Jog for 40 mins
Monday, September 20, 2010	
Week 15	
Stage 5/25	
Monday	Jog for 20 mins
Tuesday	Jog for 30 mins
Wednesday	Jog for 10 mins, run for 10 mins, walk for 5 mins, run for 5 mins, jog for 10 mins
Thursday	Jog for 25 mins
Friday	Jog for 15 mins, run for 10 mins, jog for 20 mins
Saturday	Rest Day
Sunday	Jog for 50 mins
Monday, September 27, 2010	
Week 16	
Stage 5/25	
Monday	Jog for 20 mins
Tuesday	Jog for 30 mins

Wednesday	Jog for 10 mins, run for 10 mins, walk for 5 mins, run for 5 mins, jog for 10 mins
Thursday	Jog for 25 mins
Friday	Jog for 15 mins, run for 10 mins, jog for 20 mins
Saturday	Rest Day
Sunday	Jog for 50 mins
Monday, October 04, 2010 Week 17 Stage 6/25	
Monday	Jog for 30 mins
Tuesday	Jog for 35 mins
Wednesday	Jog for 5 mins, run for 10 mins, jog for 5 mins, run for 5 mins, jog for 15 mins
Thursday	Jog for 25 mins
Friday	Jog for 15, run for 10, walk for 5, jog for 15, run for 10, walk for 5, jog for 15 mins
Saturday	Rest Day
Sunday	Jog for 60 mins
Monday, October 11, 2010 Week 18 Stage 6/25	
Monday	Jog for 30 mins
Tuesday	Jog for 35 mins
Wednesday	Jog for 5 mins, run for 10 mins, jog for 5 mins, run for 5 mins, jog for 15 mins
Thursday	Jog for 25 mins
Friday	Jog for 15, run for 10, walk for 5, jog for 15, run for 10, walk for 5, jog for 15 mins
Saturday	Rest Day
Sunday	Jog for 60 mins
Monday, October 18, 2010 Week 19 Stage 7/25	
Monday	Jog for 40 mins
Tuesday	Jog for 40 mins
Wednesday	Jog for 5 mins, run for 10 mins, jog for 5 mins, run for 10 mins, jog for 20 mins
Thursday	Jog for 30 mins
Friday	Jog for 10, run for 10, jog for 10, run for 10, jog for 15, run for 5, jog for 20 mins
Saturday	Rest Day
Sunday	Jog for 70 mins
Monday, October 25, 2010 Week 20 Stage 7/25	
Monday	Jog for 40 mins
Tuesday	Jog for 40 mins
Wednesday	Jog for 5 mins, run for 10 mins, jog for 5 mins, run for 10 mins, jog for 20 mins
Thursday	Jog for 30 mins
Friday	Jog for 10, run for 10, jog for 10, run for 10, jog for 15, run for 5, jog for 20 mins
Saturday	Rest Day
Sunday	Jog for 70 mins
Monday, November 01, 2010 Week 21 Stage 8/25	
Monday	Jog for 40 mins
Tuesday	jog for 45 mins
Wednesday	Jog for 5,Run for 15, Jog for 15, run for 10, jog for 20, run for 5, jog for 15 mins
Thursday	Jog for 35 mins
Friday	Jog for 5, run for 15, jog for 20, run for 5, jog for 10, run for 5, jog for 20
Saturday	Rest Day
Sunday	Jog for 75 mins
Monday, November 08, 2010 Week 22 Stage 8/25	
Monday	Jog for 40 mins
Tuesday	jog for 45 mins
Wednesday	Jog for 5,Run for 15, Jog for 15, run for 10, jog for 20, run for 5, jog for 15 mins
Thursday	Jog for 35 mins
Friday	Jog for 5, run for 15, jog for 20, run for 5, jog for 10, run for 5, jog for 20
Saturday	Rest Day
Sunday	Jog for 75 mins
Monday, November 15, 2010 Week 23 Stage 9/25	
Monday	Jog for 40 mins
Tuesday	jog for 45 mins
Wednesday	Jog for 10 mins, Run for 15 mins, Jog For 20 mins ,Run for 15 mins, walk for 5 mins, jog for 25 mins
Thursday	Jog For 40 mins
Friday	Jog For 60 mins
Saturday	Rest Day
Sunday	Jog for 20 mins, Run For 15 mins, jog for 15 mins, run for 10 mins, jog for 35 mins
Monday, November 22, 2010 Week 24 Stage 9/25	
Monday	Jog for 40 mins
Tuesday	jog for 45 mins
Wednesday	Jog for 10 mins, Run for 15 mins, Jog For 20 mins, Run for 15 mins, walk for 5 mins, jog for 25 mins

Thursday	Jog For 40 mins
Friday	Jog For 60 mins
Saturday	Rest Day
Sunday	Jog for 20 mins, Run For 15 mins, jog for 15 mins, run for 10 mins, jog for 35 mins
Monday, November 29, 2010 Week 25 Stage 10/25	
Monday	Jog for 25 mins
Tuesday	jog for 45 mins
Wednesday	Jog for 15, Run for 15, Jog for 15, Run for 15, walk for 5, jog for 10,run for 5, jog for 15
Thursday	Jog for 25 mins
Friday	Jog for 70 mins
Saturday	Rest Day
Sunday	Jog for 10, Run for 20, walk for 10, jog for 25, run for 10, walk for 3, jog for 25
Monday, December 06, 2010 Week 26 Stage 10/25	
Monday	Jog for 25 mins
Tuesday	jog for 45 mins
Wednesday	Jog for 15, Run for 15, Jog for 15, Run for 15, walk for 5, jog for 10,run for 5, jog for 15
Thursday	Jog for 25 mins
Friday	Jog for 70 mins
Saturday	Rest Day
Sunday	Jog for 10, Run for 20, walk for 10, jog for 25, run for 10, walk for 3, jog for 25
Monday, December 13, 2010 Week 27 Stage 11/25	
Monday	Jog for 30 mins
Tuesday	Jog for 60 mins
Wednesday	Jog for 10, run for 10, jog for 15, run for 10, jog for 20, run for 10, walk for 3, jog for 25
Thursday	Jog for 25 mins
Friday	Jog for 15 mins, run for 10 mins, jog for 45 mins
Saturday	Rest Day
Sunday	Jog for 5 mins, run for 15 mins, walk for 3 mins, run for 5 mins, walk for 3 mins, Jog for 60 Mins
Monday, December 20, 2010 Week 28 Stage 11/25	
Monday	Jog for 30 mins
Tuesday	Jog for 60 mins
Wednesday	Jog for 10, run for 10, jog for 15, run for 10, jog for 20, run for 10, walk for 3, jog for 25
Thursday	Jog for 25 mins
Friday	Jog for 15 mins, run for 10 mins, jog for 45 mins
Saturday	Rest Day
Sunday	Jog for 5 mins, run for 15 mins, walk for 3 mins, run for 5 mins, walk for 3 mins, Jog for 60 Mins
Monday, December 27, 2010 Week 29 Stage 12/25	
Monday	Jog for 25 mins
Tuesday	Jog for 60 mins
Wednesday	Jog for 20 mins, run for 20 mins, walk for 3 mins, run for 10 mins, walk for 3 mins, jog for 40 mins
Thursday	Jog for 25 mins
Friday	Jog for 10 mins, run for 10 mins, jog for 20 mins, run for 5 mins, jog for 20 mins
Saturday	Rest Day
Sunday	Jg for 25, Rn for 10, Jg for 25, Rn for 5, Jg for 35, Rn for 10, Jg for 30, Rn for 5, walk for 3, Jg for 20
Monday, January 03, 2011 Week 30 Stage 12/25	
Monday	Jog for 25 mins
Tuesday	Jog for 60 mins
Wednesday	Jog for 20 mins, run for 20 mins, walk for 3 mins, run for 10 mins, walk for 3 mins, jog for 40 mins
Thursday	Jog for 25 mins
Friday	Jog for 10 mins, run for 10 mins, jog for 20 mins, run for 5 mins, jog for 20 mins
Saturday	Rest Day
Sunday	Jg for 25, Rn for 10, Jg for 25, Rn for 5, Jg for 35, Rn for 10, Jg for 30, Rn for 5, walk for 3, Jg for 20
Monday, January 10, 2011 Week 31 Stage 13/25	
Monday	Jog for 15mins, Walk for 5 mins, jog for 10 mins
Tuesday	Jog for 60 mins
Wednesday	Jog for 10 mins, run for 10 mins, Jog for 30 mins
Thursday	Jog for 30 mins
Friday	Jog for 15 mins
Saturday	Rest Day
Sunday	Jog for 60 mins
Monday, January 17, 2011 Week 32 Stage 13/25	
Monday	Jog for 15mins, Walk for 5 mins, jog for 10 mins
Tuesday	Jog for 60 mins
Wednesday	Jog for 10 mins, run for 10 mins, Jog for 30 mins
Thursday	Jog for 30 mins

Friday	Jog for 15 mins
Saturday	Rest Day
Sunday	Race - Half Marathon Distance
Monday, January 24, 2011	
Week 33	
Stage 14/25	
Monday	If you raced on Sunday take a rest day, if not jog for 30 mins
Tuesday	Jog for 30 mins
Wednesday	Jog for 45 mins
Thursday	Jog for 30 mins
Friday	Jog for 60 mins
Saturday	Rest Day
Sunday	Jog for 90 mins
Monday, January 31, 2011	
Week 34	
Stage 14/25	
Monday	Jog for 30 mins
Tuesday	Jog for 30 mins
Wednesday	Jog for 45 mins
Thursday	Jog for 30 mins
Friday	Jog for 60 mins
Saturday	Rest Day
Sunday	Jog for 90 mins
Monday, February 07, 2011	
Week 35	
Stage 15/25	
Monday	Jog for 30 mins, walk for 5 mins, run for 10 mins, jog for 10 mins
Tuesday	Jog for 45 mins
Wednesday	Jog for 10 mins, run for 15 mins, jog for 20 mins, run for 10 mins, jog for 20 mins
Thursday	Jog for 30 mins
Friday	Jog for 10 mins, run for 10 mins, Jog for 30 mins, run for 15 mins, jog for 45 mins
Saturday	Rest Day
Sunday	Jog for 90 mins
Monday, February 14, 2011	
Week 36	
Stage 15/25	
Monday	Jog for 30 mins, walk for 5 mins, run for 10 mins, jog for 10 mins
Tuesday	Jog for 45 mins
Wednesday	Jog for 10 mins, run for 15 mins, jog for 20 mins, run for 10 mins, jog for 20 mins
Thursday	Jog for 30 mins
Friday	Jog for 10 mins, run for 10 mins, Jog for 30 mins, run for 15 mins, jog for 45 mins
Saturday	Rest Day
Sunday	Jog for 90 mins
Monday, February 21, 2011	
Week 37	
Stage 16/25	
Monday	Jog for 15 mins
Tuesday	Jog for 35 mins, run for 30 mins, jog for 30 mins, walk for 10 mins
Wednesday	Jog for 15 mins
Thursday	Jog for 10, Run for 10, jog for 40, walk for 10, jog for 5, run for 5, jog for 10
Friday	Jog for 20 mins
Saturday	Rest Day
Sunday	Jog for 10 mins, Run For 10 mins, walk for 3 mins. Repeat 5 times, Workout total: 115 mins
Monday, February 28, 2011	
Week 38	
Stage 16/25	
Monday	Jog for 15 mins
Tuesday	Jog for 35 mins, run for 30 mins, jog for 30 mins, walk for 10 mins
Wednesday	Jog for 15 mins
Thursday	Jog for 10, Run for 10, jog for 40, walk for 10, jog for 5, run for 5, jog for 10
Friday	Jog for 20 mins
Saturday	Rest Day
Sunday	Jog for 10 mins, Run For 10 mins, walk for 3 mins. Repeat 5 times, Workout total: 115 mins
Monday, March 07, 2011	
Week 39	
Stage 17/25	
Monday	Jog for 20 mins
Tuesday	Jog for 40 mins
Wednesday	Jog for 20, run for 15, walk for 10, run for 20, jog for 15, run for 15, walk for 5, jog for 10
Thursday	Jog for 20 mins, walk for 10 mins
Friday	Jog for 45 mins
Saturday	Rest Day
Sunday	Jog for 20 mins , run for 10 mins, walk for 5 mins. Repeat 3 times.
Sunday, March 14, 2010	
Week 40	
Stage 17/25	
Monday	Jog for 20 mins
Tuesday	Jog for 40 mins
Wednesday	Jog for 20, run for 15, walk for 10, run for 20, jog for 15, run for 15, walk for 5, jog for 10
Thursday	Jog for 20 mins, walk for 10 mins
Friday	Jog for 45 mins

Saturday	Rest Day		
Sunday	Jog for 20 mins , run for 10 mins, walk for 5 mins. Repeat 3 times.		
		Monday, March 21, 2011	Week 41 Stage 18/25
Monday	Jog for 20 mins, walk for 10 mins		
Tuesday	Jog for 40 mins		
Wednesday	Jog for 5 mins, run for 15 mins, jog for 60 mins		
Thursday	Jog for 30 mins		
Friday	Jog for 60 mins		
Saturday	Rest Day		
Sunday	Jog for 15 mins, run for 10 mins, jog for 100 mins		
		Monday, March 28, 2011	Week 42 Stage 18/25
Monday	Jog for 20 mins, walk for 10 mins		
Tuesday	Jog for 40 mins		
Wednesday	Jog for 5 mins, run for 15 mins, jog for 60 mins		
Thursday	Jog for 30 mins		
Friday	Jog for 60 mins		
Saturday	Rest Day		
Sunday	Jog for 15 mins, run for 10 mins, jog for 100 mins		
		Monday, April 04, 2011	Week 43 Stage 19/25
Monday	Rest Day		
Tuesday	Jog for 15 mins		
Wednesday	Jog for 45 mins		
Thursday	Jog for 60 mins		
Friday	Jog for 30 mins		
Saturday	Rest Day		
Sunday	Jog for 90 mins		
		Monday, April 11, 2011	Week 44 Stage 19/25
Monday	Rest Day		
Tuesday	Jog for 15 mins		
Wednesday	Jog for 45 mins		
Thursday	Jog for 60 mins		
Friday	Jog for 30 mins		
Saturday	Rest Day		
Sunday	Jog for 90 mins		
		Sunday, April 18, 2010	Week 45 Stage 20/25
Monday	Jog for 30 mins		
Tuesday	Jog for 10 mins, run for 10 mins, jog for 20 mins, run for 10 mins, Jog for 60 mins		
Wednesday	Jog for 45 mins		
Thursday	Jog for 20 mins, run for 5 mins, jog for 35 mins		
Friday	Jog for 60 mins		
Saturday	Rest Day		
Sunday	Jog for 150 mins		
		Sunday, April 24, 2011	Week 46 Stage 20/25
Monday	Jog for 30 mins		
Tuesday	Jog for 10 mins, run for 10 mins, jog for 20 mins, run for 10 mins, Jog for 60 mins		
Wednesday	Jog for 45 mins		
Thursday	Jog for 20 mins, run for 5 mins, jog for 35 mins		
Friday	Jog for 60 mins		
Saturday	Rest Day		
Sunday	Jog for 150 mins		
		Monday, May 02, 2011	Week 47 Stage 21/25
Monday	Rest Day		
Tuesday	Jog for 15 mins, walk for 10 mins, jog for 10 mins		
Wednesday	Jog for 60 mins		
Thursday	Jog for 10 mins, run for 10 mins, jog for 10 mins. Repeat 3 times		
Friday	Jog for 30 mins, walk for 10 mins		
Saturday	Rest Day		
Sunday	Jog for 60 mins		
		Monday, May 09, 2011	Week 48 Stage 21/25
Monday	Rest Day		
Tuesday	Jog for 15 mins, walk for 10 mins, jog for 10 mins		
Wednesday	Jog for 60 mins		
Thursday	Jog for 10 mins, run for 10 mins, jog for 10 mins. Repeat 3 times		
Friday	Jog for 30 mins, walk for 10 mins		
Saturday	Rest Day		

Sunday	Jog for 60 mins		
	Monday, May 16, 2011	Week 49	Stage 22/25
Monday	Jog for 45 mins		
Tuesday	jog for 10 mins, run for 10 mins, jog for 25 mins		
Wednesday	Jog for 10 mins, run for 10 mins, jog for 60		
Thursday	Jog for 5 mins, run for 5 mins, sprint for 30 secs, walk for 3 minutes. Repeat 4 times		
Friday	Jog for 45 mins		
Saturday	Rest Day		
Sunday	Jog for 60 mins, walk for 15 mins, jog for 60 mins, walk for 15 mins, jog for 30 mins		
	Monday, May 23, 2011	Week 50	Stage 23/25
Monday	Rest Day		
Tuesday	Jog for 30 mins		
Wednesday	Jog for 30 mins		
Thursday	Jog for 60 mins		
Friday	Jog for 30 mins		
Saturday	Rest Day		
Sunday	Jog for 10 mins, run for 10 mins, jog for 15 mins, run for 15 mins, walk for 3 mins. Repeat 3 times.		
	Monday, May 30, 2011	Week 51	Stage 24/25
Monday	Walk for 15 mins		
Tuesday	Jog for 30 mins		
Wednesday	Jog for 90 mins, run for 10 mins		
Thursday	Jog for 60 mins		
Friday	Jog for 30 mins		
Saturday	Rest day		
Sunday	Jog for 120 mins		
	Monday, June 06, 2011	Week 52	Stage 25/25
Monday	Jog for 15 mins, walk for 5 mins, jog for 10 mins		
Tuesday	Jog for 45 mins		
Wednesday	Jog for 70 mins		
Thursday	Jog for 15 mins, walk for 10 mins		
Friday	Walk for 15 mins		
Saturday	Rest Day		
Sunday	Race Day. (12/06/2011)		