14 Week Marathon Training Plan

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	1 mile	Rest	3 miles	2 miles	3 miles	Rest	6 miles
Week 2	Cross Train	Rest	2 miles	3.5 miles	3 miles	Rest	7 miles
Week 3	Cross Train	Rest	3 miles	4 miles	3 miles	Rest	5 miles
Week 4	Cross Train	Rest	3 miles	5 miles	3 miles	Rest	10 miles
Week 5	Cross Train	Rest	3 miles	5 miles	3 miles	Rest	7 miles
Week 6	Cross Train	Rest	3 miles	6 miles	3 miles	Rest	13 miles
Week 7	Cross Train	Rest	3 miles	7 miles	4 miles	Rest	10 miles
Week 8	Cross Train	Rest	4 miles	8 miles	4 miles	Rest	16 miles
Week 9	Cross Train	Rest	4 miles	8 miles	5 miles	Rest	12 miles
Week 10	Cross Train	Rest	4 miles	9 miles	5 miles	Rest	18 miles
Week 11	Cross Train	Rest	5 miles	9 miles	5 miles	Rest	14 miles
Week 12	Cross Train	Rest	5 miles	10 miles	5 miles	Rest	22 miles
Week 13	Cross Train	Rest	5 miles	8 miles	4 miles	Rest	12 miles
Week 14	Cross Train	Rest	3 miles	4 miles	2 miles	Rest	RACE DAY