This beginner marathon training program assumes you have been running consistently for at least 8-10 weeks and can run for at least thirty minutes without stopping before beginning the program. Do not run more than two consecutive days when following this schedule.

16-Week Marathon Training Schedule

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
1	3	Rest	4	3	Rest	5	Rest	15
2	3	Rest	4	3	Rest	6	Rest	16
3	3	Rest	4	3	Rest	7	Rest	17
4	3	Rest	5	3	Rest	8	Rest	19
5	3	Rest	5	3	Rest	10	Rest	21
6	4	Rest	5	4	Rest	11	Rest	24
7	4	Rest	6	4	Rest	12	Rest	26
8	4	Rest	6	4	Rest	14	Rest	28
9	4	Rest	7	4	Rest	16	Rest	31
10	5	Rest	8	5	Rest	16	Rest	34
11	5	Rest	8	5	Rest	17	Rest	35
12	5	Rest	8	5	Rest	18	Rest	36
13	5	Rest	8	5	Rest	20	Rest	38
14	5	Rest	8	5	Rest	9	Rest	27
15	3	Rest	5	3	Rest	8	Rest	19
16	3	Rest	3	Walk 2	Rest	26.2	Rest	34.2