



**18 week marathon mileage guide 3.05 - 3.35**

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
Week (1)	Rest day	8k RWT run session	10k	8k RWT run session	Rest day	8k	20k	<b>54k</b>
Week (2)	Rest day	8k RWT run session	10k	8k RWT run session	Rest day	8k	22k	<b>56k</b>
Week (3)	Rest day	8k RWT run session	10k	8k RWT run session	Rest	8k	22k	<b>56k</b>
Week (4)	Rest day	8k RWT run session	10k	8k RWT run session	Rest day	8k	24k	<b>58k</b>
Week (5)	6k easy r/r	8k RWT run session	10k	8k RWT run session	Rest day	8k	24k	<b>64k</b>
Week (6)	6k easy r/r	8k RWT run session	12k	8k RWT run session	Rest day	8k	18k	<b>60k</b>

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
Week (7)	6k easy r/r	8k RWT run session	12k	8k RWT run session	Rest day	8k	26k	<b>68k</b>
Week (8)	6k easy r/r	8k RWT run session	12k	8k RWT run session	Rest day	8k	26k	<b>68k</b>
Week (9)	6k easy r/r	8k RWT run session	12k	8k RWT run session	Rest day	8k	28k	<b>70k</b>
Week (10)	6k easy r/r	8k RWT run session	14k	8k RWT run session	Rest day	8k	28k	<b>72k</b>
Week (11)	6k easy r/r	8k RWT run session	14k	8k RWT run session	Rest day	8k	30k	<b>74k</b>
Week (12)	6k easy r/r	8k RWT run session	16k	8k RWT run session	Rest day	10k	32k	<b>80k</b>
Week (13)	6k easy r/r	8k RWT run session	16k	8k RWT run session	Rest day	10k	25k	<b>73k</b>

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Total
Week (14)	8k easy r/r	8k RWT run session	18k	8k RWT run session	Rest day	10k	35k	<b>87k</b>
Week (15)	8k easy r/r	8k RWT run session	18k	8k RWT run session	Rest day	12k	35k	<b>89k</b>
Week (16)	6k easy r/r	8k RWT run session	16k	8k RWT run session	Rest day	10k	25k	<b>73k</b>
Week (17)	Rest day	8k RWT run session	12k	8k RWT run session	Rest day	8k	18k	<b>54k</b>
Week (18)	Rest day	8k RWT run session	Rest day	8k RWT run session	Rest day	4k	42k	<b>62k</b>

### Coaches Comment

This is a mileage guide for 18 weeks for your marathon training. The Tuesday and Thursday RWT run sessions, I will work them out as we go along. Try and stay with the program and get close to the mileage. Everything you do you will benefit from. We begin with 5 days per week, then move up to 6 with the 1 session per day. If you miss a day, don't play catch up, just let it go. Friday is complete rest day. I'm from old school, you train for a marathon, you run. This day and age a lot of athletes cross train. I would be careful and pick your days for cross training, you need your recovery time. Best way, listen to your body. Stay hydrated, eat well and get good sleep time for your recovery.

### RECOVERY RUN r/r

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