



18 week marathon mileage guide 4.25-5.30

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
Week (1)	Rest day	8k RWT run session	Rest day	8k RWT run session	Rest day	6k	16k	38k
Week (2)	Rest day	8k RWT run session	Rest day	8k RWT run session	Rest day	6k	18k	40k
Week (3)	Rest day	8k RWT run session	Rest day	8k RWT run session	Rest day	6k	18k	40k
Week (4)	Rest day	8k RWT run session	Rest day	8k RWT run session	Rest day	8k	20k	44k
Week (5)	Rest day	8k RWT run session	Rest day	8k RWT run session	Rest day	8k	22k	46k
Week (6)	Rest day	8k RWT run session	Rest day	8k RWT run session	Rest day	8k	18k	42k

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
Week (7)	Rest day	8k RWT run session	6k	8k RWT run session	Rest day	8k	22k	52k
Week (8)	Rest day	8k RWT run session	6k	8k RWT run session	Rest day	8k	24k	54k
Week (9)	Rest day	8k RWT run session	6k	8k RWT run session	Rest day	8k	24k	54k
Week (10)	Rest day	8k RWT run session	8k	8k RWT run session	Rest day	8k	26k	58k
Week (11)	Rest day	8k RWT run session	8k	8k RWT run session	Rest day	8k	28k	60k
Week (12)	Rest day	8k RWT run session	10k	8k RWT run session	Rest day	8k	30k	64k
Week (13)	Rest day	8k RWT run session	10k	8k RWT run session	Rest day	8k	22k	56k

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Total
Week (14)	Rest day	8k RWT run session	12k	8k RWT run session	Rest day	10k	30k	68k
Week (15)	Rest day	8k RWT run session	12k	8k RWT run session	Rest day	10k	34k	72k
Week (16)	Rest day	8k RWT run session	10k	8k RWT run session	Rest day	8k	25k	59k
Week (17)	Rest day	8k RWT run session	8k	8k RWT run session	Rest day	8k	18k	50k
Week (18)	Rest day	8k RWT run session	Rest day	8k RWT run session	Rest day	4k	42k	62k

Coaches Comment

This is a mileage guide for 18 weeks for your marathon training. I will work out the Tuesday and Thursday RWT run sessions as we go. Try and stay with the program and get close to the mileage. Everything you do you will benefit from. We begin with 4 days per week, then move up to 5 with the 1 session per day. If you miss a day, don't play catch up, just let it go. Monday and Fridays are rest days. I am old school, you train for a marathon, you run. These days a lot of athletes cross train. I would be careful and choose your days for cross training. You need your recovery time. Best way is to listen to your body. Stay hydrated, eat well and get good sleep for your recovery.

RECOVERY RUN r/r

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