



18 week marathon mileage guide 3.35 – 4.25

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
Week (1)	Rest day	8k RWT run session	8k	8k RWT run session	Rest day	8k	18k	50k
Week (2)	Rest day	8k RWT run session	8k	8k RWT run session	Rest day	8k	20k	52k
Week (3)	Rest day	8k RWT run session	8k	8k RWT run session	Rest	8k	20k	52k
Week (4)	Rest day	8k RWT run session	10k	8k RWT run session	Rest day	8k	22k	56k
Week (5)	Rest day	8k RWT run session	10k	8k RWT run session	Rest day	8k	24k	58k
Week (6)	Rest day	8k RWT run session	10k	8k RWT run session	Rest day	8k	18k	52k

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
Week (7)	Rest day	8k RWT run session	12k	8k RWT run session	Rest day	8k	24k	60k
Week (8)	Rest day	8k RWT run session	12k	8k RWT run session	Rest day	8k	26k	62k
Week (9)	Rest day	8k RWT run session	12k	8k RWT run session	Rest day	8k	26k	62k
Week (10)	6k easy r/r	8k RWT run session	12k	8k RWT run session	Rest day	8k	28k	70k
Week (11)	6k easy r/r	8k RWT run session	12k	8k RWT run session	Rest day	8k	28k	70k
Week (12)	6k easy r/r	8k RWT run session	14k	8k RWT run session	Rest day	8k	30k	74k
Week (13)	6k easy r/r	8k RWT run session	12k	8k RWT run session	Rest day	8k	25k	67k

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Total
Week (14)	6k easy r/r	8k RWT run session	14k	8k RWT run session	Rest day	10k	32k	78k
Week (15)	6k easy r/r	8k RWT run session	16k	8k RWT run session	Rest day	10k	35k	83k
Week (16)	6k easy r/r	8k RWT run session	14k	8k RWT run session	Rest day	10k	25k	71k
Week (17)	Rest day	8k RWT run session	10k	8k RWT run session	Rest day	8k	18k	52k
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 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 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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