

8-Week Philadelphia Marathon Training Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	OFF	4 Miles	OFF	4 Miles	OFF	6 to 10 Miles	Cross Train
Week 2	OFF	4 Miles	OFF	4 Miles	OFF	8 to 12 Miles	Cross Train
Week 3	OFF	5 Miles	OFF	5 Miles	OFF	10 to 14 Miles	Cross Train or 3 Miles
Week 4	OFF	5 to 6 Miles	OFF	5 Miles	OFF	12 to 16 Miles	Cross Train or 3 Miles
Week 5	OFF	6 to 7 Miles	OFF	5 Miles	OFF	14 to 18 Miles	Cross Train or 4 Miles
Week 6	OFF	7 to 8 Miles	OFF	6 Miles	OFF	16 to 18 Miles	Cross Train or 4 Miles
Week 7	OFF	8 to 10 Miles	OFF	5 Miles	OFF	14 to 16 Miles	OFF
Week 8	OFF	6 Miles	OFF	3 Miles	OFF	30 Minutes Easy	Marathon Day

Instructions

- 1. Plan assumes a starting fitness level of being able to run 5 miles comfortably.**
- 2. Run at an effort level of two to five out of 10. Make the first mile your slowest and the last your fastest. This is especially important for the long runs. It teaches you to manage your energy properly.**
- 3. Strength should be done on Tuesday, Thursday and Sunday following the run. Strength routine can be found here: https://docs.wixstatic.com/ugd/55be77_3015e4ade13c4ac48fd84c7d9742032e.pdf. Use Level 3.**