

## Marathon Training Guide

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b>	rest	5 km run	6.5 km run	5 km run	rest	10 km run	60 min cross
<b>2</b>	rest	5 km run	7.5 km run	5 km run	rest	12 km run	60 min cross
<b>3</b>	rest	5 km run	7.5 km run	5 km run	rest	14 km run	60 min cross
<b>4</b>	rest	5 km run	8 km run	5 km run	rest	16 km run	60 min cross
<b>5</b>	rest	5 km run	10 km run	5 km run	rest	18 km run	60 min cross
<b>6</b>	rest	5 km run	10 km run	7 km run	rest	20 km run	60 min cross
<b>7</b>	rest	7 km run	12 km run	7 km run	rest	22 km run	60 min cross
<b>8</b>	rest	7 km run	12 km run	8 km run	rest	24 km run	60 min cross
<b>9</b>	rest	7 km run	14 km run	8 km run	rest	28 km run	60 min cross
<b>10</b>	rest	7 km run	14 km run	8 km run	rest	20 km run	60 min cross
<b>11</b>	rest	7 km run	16 km run	8 km run	rest	32 km run	60 min cross
<b>12</b>	rest	7 km run	14 km run	7 km run	rest	20 km run	60 min cross
<b>13</b>	rest	6 km run	10 km run	5 km run	rest	14 km run	60 min cross
<b>14</b>	rest	5 km run	6 km run	3 km run	rest	rest	marathon

On the cross training days do any aerobic non-running exercise for at least an hour.