



Beginner 26.2 Training Program

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Mileage
Week 1 5/17/2021	Rest	3 miles	5 miles or cross train	3 miles easy	Rest	30 minute cross train	6 miles	17
Week 2 5/24/2021	Rest	3 miles	5 miles race pace	3 miles easy	Rest	30 minute cross train	7 miles	18
Week 3 5/31/2021	Rest	3.5 miles	5 miles or cross train	3 miles easy	Rest	30 minute cross train	8 miles	19.5
Week 4 6/7/2021	Rest	3.5 miles	6 miles race pace	3 miles easy	Rest	35 minute cross train	9 miles	21.5
Week 5 6/14/2021	Rest	4 miles	6 miles or cross train	3 miles easy	Rest	35 minute cross train	10 miles	23
Week 6 6/21/2021	Rest	4 miles	6 miles race pace	4 miles easy	Rest	40 minute cross train	11 miles	25
Week 7 6/28/2021	Rest	4.5 miles	6 miles or cross train	4 miles easy	Rest	40 minute cross train	12 miles	26.5
Week 8 7/5/2021	Rest	4.5 miles	6 miles race pace	4 miles easy	Rest	45 minute cross train	13 miles	27.5
Week 9 7/12/2021	Rest	5 miles	7 miles or cross train	4 miles easy	Rest	45 minute cross train	14 miles	30
Week 10 7/19/2021	Rest	5 miles	7 miles race pace	4 miles easy	Rest	50 minute cross train	10 miles	26
Week 11 7/26/2021	Rest	5.5 miles	7 miles or cross train	5 miles easy	Rest	50 minute cross train	16 miles	33.5
Week 12 8/2/2021	Rest	5.5 miles	8 miles race pace	5 miles easy	Rest	55 minute cross train	17 miles	35.5
Week 13 8/9/2021	Rest	6 miles	8 miles or cross train	5 miles easy	Rest	55 minute cross train	18 miles	37
Week 14 8/16/2021	Rest	6 miles	9 miles race pace	5 miles easy	Rest	60 minute cross train	19 miles	39
Week 15 8/23/2021	Rest	7 miles	9 miles or cross train	5 miles easy	Rest	60 minute cross train	20 miles	41
Week 16 8/30/2021	Rest	5 miles	6 miles race pace	5 miles easy	Rest	60 minute cross train	12 miles	28
Week 17 9/6/2021	Rest	4 miles	5 miles or cross train	4 miles easy	Rest	60 minute cross train	8 miles	21
Week 18 9/13/2021	Rest	4 miles	2 miles	Rest or 3 easy miles	Rest	AFM 13.1 Race Day		

*Cross training can be or a combination of bicycling, elliptical, strength training, swimming etc.