



BEGINNER 26.2 TRAINING PROGRAM

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Mileage
Week 1 5/15/2023	3 miles	Rest	5 miles or cross train	3 miles easy	Rest	30 minute cross train	5 miles	17
Week 2 5/22/2023	3 miles	Rest	5 miles race pace	3 miles easy	Rest	30 minute cross train	6 miles	18
Week 3 5/29/2023	3.5 miles	Rest	5 miles or cross train	3 miles easy	Rest	30 minute cross train	7 miles	19.5
Week 4 6/7/2023	3.5 miles	Rest	6 miles race pace	3 miles easy	Rest	35 minute cross train	8 miles	21.5
Week 5 6/12/2023	4 miles	Rest	6 miles or cross train	3 miles easy	Rest	35 minute cross train	10 miles	23
Week 6 6/19/2023	4 miles	Rest	6 miles race pace	4 miles easy	Rest	40 minute cross train	11 miles	25
Week 7 6/26/2023	4.5 miles	Rest	6 miles or cross train	4 miles easy	Rest	40 minute cross train	12 miles	26.5
Week 8 7/3/2023	4.5 miles	Rest	6 miles race pace	4 miles easy	Rest	45 minute cross train	13 miles	27.5
Week 9 7/10/2023	5 miles	Rest	7 miles or cross train	4 miles easy	Rest	45 minute cross train	14 miles	30
Week 10 7/17/2023	5 miles	Rest	7 miles race pace	4 miles easy	Rest	50 minute cross train	10 miles	26
Week 11 7/24/2023	5.5 miles	Rest	7 miles or cross train	5 miles easy	Rest	50 minute cross train	16 miles	33.5
Week 12 7/31/2023	5.5 miles	Rest	8 miles race pace	5 miles easy	Rest	55 minute cross train	17 miles	35.5
Week 13 8/7/2023	6 miles	Rest	8 miles or cross train	5 miles easy	Rest	55 minute cross train	18 miles	37
Week 14 8/14/2023	6 miles	Rest	9 miles race pace	5 miles easy	Rest	60 minute cross train	19 miles	39
Week 15 8/21/2023	7 miles	Rest	9 miles or cross train	5 miles easy	Rest	60 minute cross train	20 miles	41
Week 16 8/28/2023	5 miles	Rest	6 miles race pace	5 miles easy	Rest	60 minute cross train	12 miles	28
Week 17 9/4/2023	4 miles	Rest	5 miles or cross train	4 miles easy	Rest	60 minute cross train	8 miles	21
Week 18 9/11/2023	4 miles	Rest	2 miles	Rest or 3 easy miles	Rest	AFM 13.1 Race Day		