

TRAINING SCHEDULE FOR YOUR MARATHON (26.2 MILES)

Week 1: July 19 - 25

- Monday, July 19 - Rest. Rest is an important part of any training program.
 - Note: Identify your running things – 1 week of clothes & socks and water; pack tomorrow's clothes shoes & socks, towel, toiletries, pedometer, music and stopwatch.
- Tuesday, July 20 - Run 2 miles easy. Run at an easy “conversational” pace.
- Wednesday, July 21 - Run 3 miles easy. Run at an easy pace.
- Thursday, July 22 - Run 2 miles easy.
- Friday, July 23 - Run 3 miles easy.
- Saturday, July 24 - Rest or cross train. Rest or engage in a non-running activity.
- Sunday, July 25 - Run 6 miles easy.

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Week 2: July 26 -August 1

- Monday, July 26 - Rest. This program uses Monday as a rest day, because Sunday is your longest run of the week. You can adjust this to meet your needs, but take off the day after your longest weekly run.
- Tuesday, July 27 - Run 2 miles easy.
- Wednesday, July 28 - Run 4 miles easy.
- Thursday, July 29 - Run 2 miles easy.
- Friday, July 30 - Run 3 miles easy.
- Saturday, July 31 - Rest or cross train.
- Sunday, August 1 - Run 7 miles long. The pace of your long runs are slightly slower than your easy days.

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Weeks 3: August 2 - 8

- Monday, August 2 - Rest.
- Tuesday, August 3 - Run 2 miles easy.
- Wednesday, August 4 - Run 5 miles easy.
- Thursday, August 5 - Run 2 miles easy.
- Friday, August 6 - Run 4 miles easy.
- Saturday, August 7 - Rest or cross train.
- Sunday, August 8 - Run 8 miles long.

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Week 4: August 9 - 15

- Monday, August 9 - Rest.
- Tuesday, August 10 - Run 2 miles easy. Run at an easy.
- Wednesday, August 11 - Run 5 miles easy.
- Thursday, August 12 - Run 2 miles easy.
- Friday, August 13 - Run 4 miles easy.
- Saturday, August 14 - Rest or cross train.
- Sunday, August 15 - Run 9 miles long.

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Week 5: August 16 - 22

- Monday, August 16 - Rest.
- Tuesday, August 17 - Run 3 miles easy.
- Wednesday, August 18 - Run 5 miles easy.
- Thursday, August 19 - Run 3 miles easy.
- Friday, August 20 - Run 5 miles easy.
- Saturday, August 21 - Rest or cross train.
- Sunday, August 22 - Run 10 miles long.

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Week 6: August 23 - 29

- Monday, August 23 - Rest.
- Tuesday, August 24 - Run 3 miles easy.
- Wednesday, August 25 - Run 5 miles easy.
- Thursday, August 26 - Run 3 miles easy.
- Friday, August 27 - Run 5 miles easy.
- Saturday, August 28 - Rest or cross train.
- Sunday, August 29 - Run 11 miles long.

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Week 7: August 30 – September 5

- Monday, August 30 - Rest
- Tuesday, August 31 - Run 3 miles easy.
- Wednesday, September 1 - Run 5 miles easy.
- Thursday, September 2 - Run 3 miles easy.
- Friday, September 3 - Run 5 miles easy.
- Saturday, September 4 - Rest or cross train.
- Sunday, September 5 - Run 12 miles long.

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Week 8: September 6 - 12

- Monday, September 6 - Rest
- Tuesday, September 7 - Run 3 miles easy.
- Wednesday, September 8 - Run 6 miles easy.
- Thursday, September 9 - Run 3 miles easy.
- Friday, September 10 - Run 6 miles easy.
- Saturday, September 11 - Rest or cross train.
- Sunday, September 12 - Run 12 miles long.

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Week 9: September 13 - 19

- Monday, September 13 - Rest
- Tuesday, September 14 - Run 3 miles easy.
- Wednesday, September 15 - Run 6 miles easy.
- Thursday, September 16 - Run 3 miles easy.
- Friday, September 17 - Run 6 miles easy.
- Saturday, September 18 - Rest or cross train.
- Sunday, September 19 - Run 13 miles long.

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Week 10: September 20 – September 26

- Monday, September 20 - Rest
- Tuesday, September 21 - Run 3 miles easy.
- Wednesday, September 22 - Run 6 miles easy.
- Thursday, September 23 - Run 3 miles easy.
- Friday, September 24 - Run 6 miles easy.
- Saturday, September 25 - Rest or cross train.
- Sunday, September 26 - Run 14 miles long. You are now running a little more than half your marathon!

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Week 11: September 27 – October 3

- Monday, September 27 - Rest
- Tuesday, September 28 - Run 4 miles easy.
- Wednesday, September 29 - Run 6 miles easy.
- Thursday, September 30 - Run 4 miles easy.
- Friday, October 1 - Run 6 miles easy.
- Saturday, October 2 - Rest or cross train.
- Sunday, October 3 - Run 12 miles long. Keep your pace nice and easy.

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Week 12: October 4 - 10

- Monday, October 4 - Rest
- Tuesday, October 5 - Run 4 miles easy.
- Wednesday, October 6 - Run 7 miles easy.
- Thursday, October 7 - Run 4 miles easy.
- Friday, October 8 - Run 7 miles easy.
- Saturday, October 9 - Rest or cross train.
- Sunday, October 10 - Run 15 miles long.

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Week 13: October 11 - 17

- Monday, October 11 - Rest
- Tuesday, October 12 - Run 4 miles easy.
- Wednesday, October 13 - Run 8 miles easy.
- Thursday, October 14 - Run 4 miles easy.
- Friday, October 15 - Run 8 miles easy.
- Saturday, October 16 - Rest or cross train.
- Sunday, October 17 - Run 12 miles long.

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Week 14: October 18 - 24

- Monday, October 18 - Rest
- Tuesday, October 19 - Run 4 miles easy.
- Wednesday, October 20 - Run 7 miles easy.
- Thursday, October 21 - Run 4 miles easy.
- Friday, October 22 - Run 7 miles easy.
- Saturday, October 23 - Rest or cross train.
- Sunday, October 24 - Run 16 miles long.

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Week 15: October 25 - 31

- Monday, October 25 - Rest
- Tuesday, October 26 - Run 4 miles easy.
- Wednesday, October 27 - Run 5 miles easy.
- Thursday, October 28 - Run 4 miles easy.
- Friday, October 29 - Rest or cross train.
- **Saturday, October 30 – Denise Thwaites 5K Walk Run – Stadium East [*12.5 laps*]**
- Sunday, October 31 - Run 12 miles long.

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Week 16: November 1 – 7

- Monday, November 1 - Rest.
- Tuesday, November 2 – Run 4 miles easy.
- Wednesday, November 3 - Run 8 miles easy.
- Thursday, November 4 - Run 4 miles easy.
- Friday, November 5 – Run 8 miles easy.
- Saturday, November 6 - Rest or cross train.
- Sunday, November 7- Run 18 miles long.

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Week 17: November 8 – 14

- Monday, November 8 - Rest
- Tuesday, November 9 - Run 4 miles easy.
- Wednesday, November 10 - Run 8 miles easy.
- Thursday, November 11 - Run 4 miles easy.
- Friday, November 12 - Run 8 miles easy.
- Saturday, November 13 - Rest or cross train.
- **Sunday, November 14 – Burger King Portmore 10K – Portmore Mall**

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Week 18: November 15 – 21

- Monday, November 15 - Rest
- Tuesday, November 16 - Run 4 miles easy.
- Wednesday, November 17 - Run 8 miles easy.
- Thursday, November 18 - Run 4 miles easy.
- Friday, November 19 - Run 8 miles easy.
- Saturday, November 20 - Rest or cross train.
- Sunday, November 21 - Run 20 miles long.

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Week 19: November 22 – 28

- Monday, November 22 - Rest
- Tuesday, November 23 - Run 3 miles easy.
- Wednesday, November 24 - Run 4 miles easy.
- Thursday, November 25 - Run 4 miles easy.
- Friday, November 26 - Run 6 miles easy.
- Saturday, November 27 - Rest or cross train.
- **Sunday, November 28 – Heart Health Fund Run (10K) – Stadium East [*25 laps*].** You have begun to wind down.

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Week 20: November 29 – December 4

- Monday, November 29 - Rest
- Tuesday, November 30 – Run 4 miles easy.
- Wednesday, December 1 – Run 2 miles easy.
- Thursday, December 2 – Run 2 miles easy.
- Friday, December 3 – Rest – Eat Pasta!
- **Saturday, December 4 – REGGAE MARATHON 2010 – YOUR MARATHON! ENJOY!!!**