



Prepare yourself for the challenge of the full marathon by following this general training schedule to get you on the right path. Your longer distance walks will be preparing you to meet your goal. Make you start at least 16 weeks in advance in order to maximize your performance. Always consult your physician before beginning any training program.

Full Marathon Training Program							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	rest	3 miles	3 miles	3 miles	rest	3 miles	6 miles
Week 2	rest	3 miles	3 miles	3 miles	rest	4 miles	7 miles
Week 3	rest	3 miles	4 miles	3 miles	rest	4 miles	4 miles
Week 4	rest	3 miles	4 miles	3 miles	rest	4 miles	5 miles
Week 5	rest	3 miles	5 miles	3 miles	rest	4 miles	9 miles
Week 6	rest	3 miles	5 miles	3 miles	rest	4 miles	10 miles
Week 7	rest	3 miles	6 miles	3 miles	rest	4 miles	12 miles
Week 8	rest	3 miles	6 miles	4 miles	rest	4 miles	13 miles
Week 9	rest	4 miles	7 miles	4 miles	rest	4 miles	10 miles
Week 10	rest	4 miles	8 miles	4 miles	rest	5 miles	15 miles
Week 11	rest	4 miles	8 miles	5 miles	rest	5 miles	17 miles
Week 12	rest	5 miles	9 miles	5 miles	rest	5 miles	14 miles
Week 13	rest	5 miles	10 miles	5 miles	rest	5 miles	20 miles
Week 14	rest	5 miles	8 miles	5 miles	rest	4 miles	7 miles
Week 15	rest	4 miles	6 miles	4 miles	rest	3 miles	8 miles
Week 16	rest	3 miles	4 miles	0-3 miles	rest	Full Marathon	