



Follow this general training schedule to get you on the right path for the $\frac{3}{4}$ marathon. Your longer distance walks will be preparing you to meet your goal. Make you start at least 14 weeks in advance in order finish walk strong and reach your goals. Always consult your physician before beginning any training program.

3/4 Marathon Training Program							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	3 miles	2 miles	3 miles	2 miles	rest	8 miles	rest
Week 2	3 miles	2 miles	3 miles	2 miles	rest	9 miles	rest
Week 3	3 miles	4 miles	3 miles	4 miles	rest	7 miles	rest
Week 4	3 miles	4 miles	3 miles	4 miles	rest	10 miles	rest
Week 5	3 miles	4 miles	3 miles	4 miles	rest	11 miles	rest
Week 6	3 miles	5 miles	3 miles	5 miles	rest	9 miles	rest
Week 7	3 miles	5 miles	3 miles	5 miles	rest	13 miles	rest
Week 8	3 miles	5 miles	3 miles	5 miles	rest	14 miles	rest
Week 9	3 miles	5 miles	3 miles	5 miles	rest	11 miles	rest
Week 10	3 miles	5 miles	3 miles	5 miles	rest	13 miles	rest
Week 11	3 miles	4 miles	3 miles	4 miles	rest	14 miles	rest
Week 12	3 miles	4 miles	3 miles	4 miles	rest	7 miles	rest
Week 13	3 miles	4 miles	3 miles	4 miles	rest	8 miles	rest
Week 14	3 miles	3 miles	4 miles	2 miles	rest	3/4 Marathon	