TRAINING SCHEDULE FOR:
MOUNTAINS TO BEACH MARATHON
May 27, 2018

Beginner: 0-3 previous marathons (B)   Advanced: 4+ previous marathons (A)

Week	Date	Sat Miles	Sun	Mon	Tues	Wed	Thurs	Fri
1	12/2	4 (B) 6 (A)	Walk 30 min	Alternate Exercise 40 min	Run 40 min	Cross-Train 40 min	Run 40 min	Rest
2	12/9	5 (B) 7 (A)	Walk 30 min	Alternate Exercise 40 min	Run 40 min	Cross-Train 40 min	Run 40 min	Rest
3	12/16	6 (B) 8 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 40 min	Cross-Train 40 min	Run 40 min	Rest
4	12/23	7 (B) 9 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 40 min	Cross-Train 40 min	Run 40 min	Rest
5	12/30	8 (B) 10 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 40 min	Cross-Train 40 min	Run 40 min	Rest
6	1/6	9 (B) 8 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 40 min	Cross-Train 40 min	Run 40 min	Rest
7	1/13	10 (B) 12 (A)	Walk 30 min	Alternate Exercise 40 min	Run 50 min	Cross-Train 40 min	Run 50 min	Rest
8	1/20	8 (B) 8 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 40 min	Cross-Train 40 min	Run 40 min	Rest
9	1/27	12 (B) 14 (A)	Walk 30 min	Alternate Exercise 40 min	Run 60 min w/ hill repeats	Cross-Train 50 min	Run 50 min	Rest
10	2/3	8 (B) 8 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 40 min w/ hill repeats	Cross-Train 50 min	Run 40 min	Rest
11	2/10	14 (B) 16 (A)	Walk 30 min	Alternate Exercise 40 min	Run 60 min w/ hill repeats	Cross-Train 50 min	Run 60 min	Rest
12	2/17	10 (B) 10 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 40 min w/ hill repeats	Cross-Train 50 min	Run 40 min	Rest
13	2/24	16 (B) 18 (A)	Walk 30 min	Alternate Exercise 40 min	Run 60 min w/ hill repeats	Cross-Train 50 min	Run 60 min	Rest

Week	Date	Sat Miles	Sun	Mon	Tues	Wed	Thurs	Fri
14	3/3	10 (B) 10 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 50 min w/ hill repeats	Cross-Train 50 min	Run 40 min	Rest
15	3/10	12 (B) 12 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 50 min w/ hill repeats	Cross-Train 50 min	Run 40 min	Rest
16	3/17	18 (B) 20 (A)	Walk 30 min	Alternate Exercise 40 min	Run 60 min w/ hill repeats	Cross-Train 50 min	Run 60 min	Rest
17	3/24	10 (B) 10 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 40 min w/ hill repeats	Cross-Train 50 min	Run 40 min	Rest
18	3/31	12 (B) 12 (A)	Walk 30 min	Alternate Exercise 40 min	Run 40 min w/ hill repeats	Cross-Train 50 min	Run 40 min	Rest
19	4/7	20 (B) 22 (A)	Walk 30 min	Alternate Exercise/ Track	Run 60 min easy pace	Cross-Train 50 min	Run 60 min fast pace	Rest
20	4/14	10 (B) 10(A)	Trail Run Walk	Alternate Exercise/ Track	Run 40 min easy pace	Cross-Train 50 min	Run 40 min fast pace	Rest
21	4/21	12 (B) 12 (A)	Walk 30 min	Alternate Exercise/ Track	Run 40 min easy pace	Cross-Train 50 min	Run 40 min fast pace	Rest
22	4/28	22 (B) 24 (A)	Walk 30 min	Alternate Exercise/ Track	Run 60 min easy pace	Cross-Train 50 min	Run 60 min fast pace	Rest
23	5/5	10 (B) 10 (A)	Trail Run Walk	Alternate Exercise/ Track	Run 50 min easy pace	Cross-Train 50 min	Run 50 min fast pace	Rest
24	5/12	8 (B) 8 (A)	Trail Run Walk	Alternate Exercise/ Track	Run 50 min easy pace	Cross-Train 50 min	Run 50 min fast pace	Rest
25	5/19	8 (B) 8 (A)	Rest	Rest	Run 30 min	Rest	Rest (B) Run 30 min (A)	Rest
26	5/26	Rest	**Sun., May 27 26.2 miles Wear your medal all day**	Walk 3 miles	Rest	Walk 4 miles	Swim	Rest
	6/2	3-4 (B) 6-8 (A) Take it slow!	Rest	After your marathon, take three weeks of really slow running before resuming training. LISTEN TO YOUR BODY!				