



Marathon Training Schedule

Beginner & Intermediate

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Mileage
11/12	6 miles	Rest / XT	5 mi / 8 mi	5 miles	Rest / XT	10 miles	Rest	26 mi / 29 mi
11/19	5 miles	Rest / XT	5 mi / 8 mi	5 miles	Rest / XT	12 miles	Rest	27 mi / 30 mi
11/26	5 miles	Rest / XT	5 mi / 8 mi	4 miles	Rest / XT	14 miles	Rest	28 mi / 31 mi
12/3	6 miles	Rest / XT	6 mi / 8 mi	5 miles	Rest / XT	10 miles	Rest	27 mi / 29 mi
12/10	5 miles	Rest / XT	6 mi / 8 mi	5 miles	Rest / XT	16 miles	Rest	32 mi / 34 mi
12/17	5 miles	Rest / XT	7 mi / 8 mi	4 miles	Rest / XT	18 miles	Rest	34 mi / 35 mi
12/24	4 miles	Rest / XT	6 mi / 8 mi	4 miles	Rest / XT	20 miles	Rest	34 mi / 36 mi
12/31	6 miles	Rest / XT	6 mi / 10 mi	6 miles	Rest / XT	10 miles	Rest	28 mi / 32 mi
1/7	5 miles	Rest / XT	7 mi / 10 mi	4 miles	Rest / XT	16 miles	Rest	32 mi / 35 mi
1/14	5 miles	Rest / XT	8 mi / 10 mi	4 miles	Rest / XT	20 miles	Rest	37 mi / 39 mi
1/21	6 miles	Rest / XT	7 mi / 8 mi	5 miles	Rest / XT	10 miles	Rest	28 mi / 19 mi
1/28	5 miles	Rest / XT	7 mi / 10 mi	4 miles	Rest / XT	16 miles	Rest	32 mi / 35 mi
2/4	5 miles	Rest / XT	5 mi / 8 mi	5 miles	Rest / XT	20 miles	Rest	35 mi / 38 mi
2/11	4 miles	Rest / XT	8 mi / 10 mi	5 miles	Rest / XT	12 miles	Rest	29 mi / 31 mi
2/18	5 miles	Rest / XT	5 mi / 8 mi	4 miles	Rest / XT	8 miles	Rest	22 mi / 25 mi
2/25	3 miles	Rest / XT	5 mi / 6 mi	3 miles	Rest / XT	1 mile	26.2 miles	37 mi / 38 mi

A 16-week training schedule designed to prepare you for the Erlanger Chattanooga Marathon on March 3, 2019. **Prior to the week of Nov. 12** you should build up your running to the point where you feel comfortable running a 10 mile long run. You should also be comfortable running a total of four days a week.

Suggested Beginner Approach

Mondays – run at an easy pace
 Wednesday – run at race tempo pace (shorter mileage)
 Thursday – run at an easy pace, can add speed work after week 9
 Saturday – run at a pace at least one-two minutes a mile slower than your intended race pace

Suggested Intermediate Approach

Mondays – run at easy pace
 Wednesday – run at race tempo pace (longer mileage)
 Thursday – speed work
 Saturday – run at a pace at least one-two minutes a mile slower than your intended race pace, with 4 miles at race pace



For more information on the marathon training program please visit ChattanoogaTrackClub.org. Race info at ErlangerChattanoogaMarathon.com.