

# 6 Week Marathon Training Plan

## 20 WEEK BEGINNER MARATHON TRAINING PLAN

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest Day	Pace Run 2.5 miles	Training Run 3 miles	Rest Day	Training Run 3 miles	Strength Training	7 mile long run
2	Rest Day	Pace Run 2.5 miles	Training Run 3 miles	Rest Day	Training Run 3 miles	Strength Training	8 mile long run
3	Rest Day	Pace Run 3 miles	Training Run 4 miles	Rest Day	Training Run 4 miles	Strength Training	9 mile long run
4	Rest Day	Pace Run 3 miles	Training Run 4 miles	Rest Day	Training Run 4 miles	Strength Training	6 mile long run
5	Rest Day	Pace Run 3 miles	Training Run 4 miles	Rest Day	Training Run 4 miles	Strength Training	11 mile long run
6	Rest Day	Pace Run 3 miles	Training Run 4 miles	Rest Day	Training Run 4 miles	Strength Training	12 mile long run
7	Rest Day	Pace Run 4 miles	Training Run 5 miles	Rest Day	Training Run 5 miles	Strength Training	9 mile long run
8	Rest Day	Pace Run 4 miles	Training Run 5 miles	Rest Day	Training Run 5 miles	Strength Training	15 mile long run
9	Rest Day	Pace Run 4 miles	Training Run 5 miles	Rest Day	Training Run 5 miles	Strength Training	16 mile long run
10	Rest Day	Pace Run 4 miles	Training Run 6 miles	Rest Day	Training Run 5 miles	Strength Training	13.1 mile half marathon
11	Rest Day	Pace Run 4 miles	Training Run 6 miles	Rest Day	Training Run 6 miles	Strength Training	17 mile long run
12	Rest Day	Pace Run 4 miles	Training Run 6 miles	Rest Day	Training Run 6 miles	Strength Training	18 mile long run
13	Rest Day	Pace Run 5 miles	Training Run 7 miles	Rest Day	Training Run 6 miles	Strength Training	16 mile long run
14	Rest Day	Pace Run 5 miles	Training Run 7 miles	Rest Day	Training Run 6 miles	Strength Training	19 mile long run
15	Rest Day	Pace Run 5 miles	Training Run 7 miles	Rest Day	Training Run 6 miles	Strength Training	13.1 mile half marathon
16	Rest Day	Pace Run 5 miles	Training Run 8 miles	Rest Day	Training Run 6 miles	Strength Training	18 mile long run
17	Rest Day	Pace Run 5 miles	Training Run 8 miles	Rest Day	Training Run 6 miles	Strength Training	20 mile long run
18	Rest Day	Pace Run 3 miles	Training Run 4 miles	Rest Day	Training Run 4 miles	Strength Training	13 mile long run
19	Rest Day	Pace Run 2 miles	Training Run 3 miles	Rest Day	Training Run 3 miles	Strength Training	8 mile long run
20	Rest Day	Training Run 3 miles	Rest Day	Easy Run 3 miles	Rest Day	2 mile run easy pace	Marathon 26.2 miles

Training Runs should be done at a comfortable, sustainable pace: 3-4 out of 10 in terms of Rate of Perceived Exertion (RPE).

Pace Runs should be done at your target race pace if you have one, or slightly harder than your regular training runs. 5 out of 10 RPE.

Long Runs should be done at an easy and conversational pace: 2-3 out of 10 RPE.

Strength Training: we recommend compound exercises using weights, like deadlifts, squats, lunges.

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**MARATHON** HANDBOOK

## 6 Week Marathon Training Plan

Training for a marathon can be an exhilarating yet daunting task, especially if you have only six weeks to prepare. Whether you are a seasoned runner or a beginner, a focused training plan can help you build the endurance and strength required to finish a marathon. This article will outline a comprehensive 6-week marathon training plan that incorporates essential elements like long runs, speed work, cross-training, and recovery. By following the guidelines in this plan, you'll be able to improve your

performance and approach race day with confidence.

## Understanding the Basics of Marathon Training

Before diving into the 6-week training plan, it's crucial to understand some fundamental aspects of marathon training:

### 1. Base Fitness Level

Your current running fitness level will determine how you approach this training plan. If you are already running regularly, you will find it easier to ramp up your mileage. If you are new to running, it may be wise to build a base for a few weeks before starting this intensive program.

### 2. Importance of Long Runs

Long runs are essential for building endurance. They simulate race conditions and help your body adapt to the physical and mental challenges of running 26.2 miles.

### 3. The Role of Speed Work

Incorporating speed work into your training can improve your running economy and increase your overall speed. This can include interval training and tempo runs.

### 4. Cross-Training and Recovery

Cross-training activities such as cycling, swimming, or strength training can enhance your overall fitness and help prevent injuries. Recovery days are equally important to allow your muscles to repair and strengthen.

## 6-Week Marathon Training Plan Overview

The following plan assumes you have a base level of fitness and can comfortably run at least 10-15 miles per week. The training plan includes a mix of long runs, speed work, easy runs, and cross-training days. Here is a week-by-week breakdown:

### Week 1

- Monday: Rest or light cross-training (30 minutes)

- Tuesday: Speed work – 5 x 400m at a fast pace with 2-minute rest intervals
- Wednesday: Easy run – 3 miles at a conversational pace
- Thursday: Cross-training (cycling or swimming) for 45 minutes
- Friday: Tempo run – 4 miles at a comfortably hard pace
- Saturday: Long run – 8 miles at an easy pace
- Sunday: Recovery run – 2 miles at an easy pace

## **Week 2**

- Monday: Rest or light cross-training (30 minutes)
- Tuesday: Speed work – 6 x 400m at a fast pace with 2-minute rest intervals
- Wednesday: Easy run – 4 miles at a conversational pace
- Thursday: Cross-training (cycling or swimming) for 45 minutes
- Friday: Tempo run – 5 miles at a comfortably hard pace
- Saturday: Long run – 10 miles at an easy pace
- Sunday: Recovery run – 3 miles at an easy pace

## **Week 3**

- Monday: Rest or light cross-training (30 minutes)
- Tuesday: Speed work – 7 x 400m at a fast pace with 2-minute rest intervals
- Wednesday: Easy run – 5 miles at a conversational pace
- Thursday: Cross-training (cycling or swimming) for 45 minutes
- Friday: Tempo run – 6 miles at a comfortably hard pace
- Saturday: Long run – 12 miles at an easy pace
- Sunday: Recovery run – 3 miles at an easy pace

## **Week 4**

- Monday: Rest or light cross-training (30 minutes)
- Tuesday: Speed work – 5 x 800m at a fast pace with 3-minute rest intervals
- Wednesday: Easy run – 5 miles at a conversational pace
- Thursday: Cross-training (cycling or swimming) for 45 minutes
- Friday: Tempo run – 7 miles at a comfortably hard pace
- Saturday: Long run – 14 miles at an easy pace
- Sunday: Recovery run – 4 miles at an easy pace

## **Week 5**

- Monday: Rest or light cross-training (30 minutes)
- Tuesday: Speed work – 6 x 800m at a fast pace with 3-minute rest intervals
- Wednesday: Easy run – 6 miles at a conversational pace
- Thursday: Cross-training (cycling or swimming) for 45 minutes
- Friday: Tempo run – 8 miles at a comfortably hard pace
- Saturday: Long run – 10 miles at an easy pace (tapering begins)
- Sunday: Recovery run – 3 miles at an easy pace

## **Week 6 (Taper Week)**

- Monday: Rest
- Tuesday: Speed work – 4 x 400m at a fast pace with 2-minute rest intervals
- Wednesday: Easy run – 4 miles at a conversational pace
- Thursday: Rest or light cross-training (30 minutes)
- Friday: Easy run – 3 miles at a relaxed pace
- Saturday: Rest
- Sunday: Race Day – Marathon (26.2 miles)

## **Key Tips for Success**

To make the most out of your 6-week marathon training plan, consider the following tips:

### **1. Stay Hydrated**

Proper hydration is crucial for optimal performance. Drink plenty of water throughout the day, and consider electrolyte drinks during long runs.

### **2. Nutrition Matters**

Fuel your body with a balanced diet rich in carbohydrates, proteins, and healthy fats. Pay attention to your pre-run and post-run meals to maximize energy and recovery.

### **3. Listen to Your Body**

Pay attention to signs of fatigue or injury. If you feel pain, don't hesitate to take an extra rest day or consult a healthcare professional.

### **4. Get Enough Sleep**

Sleep is vital for recovery. Aim for 7-9 hours of quality sleep each night, especially leading up to your marathon.

### **5. Mental Preparation**

Running a marathon is as much a mental challenge as a physical one. Practice visualization techniques and develop a race-day strategy that includes pacing and nutrition.

# Conclusion

Training for a marathon in just six weeks is challenging, but with commitment and a well-structured plan, it is achievable. This 6-week marathon training plan covers essential components like long runs, speed work, and recovery, ensuring that you are well-prepared come race day. Remember to stay mindful of your body, hydrate, nourish yourself properly, and allow for adequate recovery. By following these guidelines, you'll not only cross the finish line but also enjoy the journey leading up to this significant challenge. Happy running!

## Frequently Asked Questions

### **What is a 6 week marathon training plan?**

A 6 week marathon training plan is a structured program designed to prepare runners for a marathon in just six weeks, typically focusing on building endurance, speed, and recovery in a short timeframe.

### **Is a 6 week marathon training plan suitable for beginners?**

A 6 week marathon training plan is generally not recommended for beginners, as it may require a base level of fitness and running experience. It's best suited for those who have been running regularly prior to starting the plan.

### **What are the key components of a 6 week marathon training plan?**

Key components include long runs, speed workouts, rest days, cross-training, and tapering before the marathon to ensure peak performance.

### **How many miles should I run in a week on a 6 week marathon training plan?**

Weekly mileage can vary, but runners may aim for anywhere between 30 to 50 miles per week, depending on their fitness level and experience.

### **What type of cross-training activities are recommended during a 6 week marathon training plan?**

Recommended cross-training activities include cycling, swimming, yoga, and strength training, which can help improve overall fitness and reduce the risk of injury.

## How should I adjust my training if I miss a week of the 6 week plan?

If you miss a week, assess your fitness level and consider extending the plan by a few days or weeks, focusing on key workouts like long runs and speed sessions to catch up.

## What nutrition strategies should I follow during a 6 week marathon training plan?

Focus on a balanced diet rich in carbohydrates, proteins, and healthy fats, stay hydrated, and consider fueling strategies for long runs, such as energy gels or sports drinks.

## What are the signs of overtraining during a 6 week marathon training plan?

Signs of overtraining include persistent fatigue, decreased performance, increased irritability, sleep disturbances, and a higher incidence of injuries.

## How important is rest and recovery in a 6 week marathon training plan?

Rest and recovery are crucial to prevent injury, allow muscles to repair, and help maintain overall performance. Incorporating rest days and active recovery is essential.

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