

6 Week Marathon Training

16 Week Marathon Training Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest Day	Pace Run 3 miles	Training Run 4 miles	Rest Day	Training Run 4 miles	Strength Training	Long Run 8 miles
2	Rest Day	Pace Run 3 miles	Training Run 4 miles	Rest Day	Training Run 4 miles	Strength Training	Long Run 10 miles
3	Rest Day	Pace Run 4 miles	Training Run 5 miles	Rest Day	Training Run 5 miles	Strength Training	Long Run 11 miles
4	Rest Day	Pace Run 4 miles	Training Run 5 miles	Rest Day	Training Run 5 miles	Strength Training	Long Run 9 miles
5	Rest Day	Pace Run 5 miles	Training Run 6 miles	Rest Day	Training Run 6 miles	Strength Training	Long Run 13 miles
6	Rest Day	Pace Run 5 miles	Training Run 6 miles	Rest Day	Training Run 6 miles	Strength Training	Long Run 15 miles
7	Rest Day	Pace Run 5 miles	Training Run 7 miles	Rest Day	Training Run 6 miles	Strength Training	Long Run 10 miles
8	Rest Day	Pace Run 5 miles	Training Run 7 miles	Rest Day	Training Run 7 miles	Strength Training	Long Run 16 miles
9	Rest Day	Pace Run 6 miles	Training Run 8 miles	Rest Day	Training Run 7 miles	Strength Training	Long Run 18 miles
10	Rest Day	Pace Run 6 miles	Training Run 8 miles	Rest Day	Training Run 7 miles	Strength Training	Long Run 14 miles
11	Rest Day	Pace Run 6 miles	Training Run 8 miles	Rest Day	Training Run 8 miles	Strength Training	Long Run 19 miles
12	Rest Day	Pace Run 6 miles	Training Run 6 miles	Rest Day	Training Run 6 miles	Strength Training	Half Marathon 13.1 miles
13	Rest Day	Pace Run 6 miles	Training Run 8 miles	Rest Day	Training Run 8 miles	Strength Training	Long Run 20 miles
14	Rest Day	Pace Run 6 miles	Training Run 6 miles	Rest Day	Training Run 6 miles	Strength Training	Long Run 12 miles
15	Rest Day	Pace Run 6 miles	Training Run 5 miles	Rest Day	Training Run 4 miles	Strength Training	Long Run 8 miles
16	Rest Day	Training Run 3 miles	Rest Day	Easy Run 3 miles	Training Run 4 miles	Easy Run 2 miles	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.

For more guidance, visit marathonhandbook.com

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6 WEEK MARATHON TRAINING CAN SEEM LIKE A DAUNTING TASK, ESPECIALLY FOR THOSE WHO MAY NOT HAVE A SOLID RUNNING BASE OR ARE NEW TO THE MARATHON DISTANCE. HOWEVER, WITH THE RIGHT APPROACH, A STRUCTURED PLAN, AND A COMMITMENT TO YOUR TRAINING, YOU CAN SET YOURSELF UP FOR SUCCESS IN JUST SIX WEEKS. THIS ARTICLE WILL PROVIDE YOU WITH A COMPREHENSIVE GUIDE ON HOW TO PREPARE FOR A MARATHON IN SIX WEEKS, FOCUSING ON TRAINING STRATEGIES, NUTRITION, INJURY PREVENTION, AND MENTAL PREPARATION.

UNDERSTANDING THE 6 WEEK MARATHON TRAINING STRUCTURE

BEFORE DIVING INTO THE SPECIFICS OF A SIX-WEEK TRAINING PLAN, IT'S IMPORTANT TO UNDERSTAND THE KEY COMPONENTS OF MARATHON TRAINING. THE GOAL IS TO BUILD ENDURANCE, IMPROVE SPEED, AND ENHANCE OVERALL FITNESS WHILE MINIMIZING THE RISK OF INJURY.

KEY COMPONENTS OF MARATHON TRAINING

1. **BASE MILEAGE:** THE FOUNDATION OF ANY MARATHON TRAINING PROGRAM IS THE WEEKLY MILEAGE. THIS CONSISTS OF EASY RUNS, LONG RUNS, AND TEMPO RUNS.
2. **LONG RUNS:** THESE ARE CRUCIAL FOR BUILDING ENDURANCE. TYPICALLY, A LONG RUN SHOULD BE DONE ONCE A WEEK, GRADUALLY INCREASING IN DISTANCE.
3. **SPEED WORK:** INCORPORATING INTERVAL TRAINING OR TEMPO RUNS CAN HELP IMPROVE YOUR PACE AND OVERALL SPEED.
4. **REST AND RECOVERY:** ADEQUATE REST IS ESSENTIAL TO ALLOW YOUR BODY TO RECOVER AND ADAPT TO TRAINING STRESSES.
5. **NUTRITION:** PROPER FUELING BEFORE, DURING, AND AFTER RUNS IS VITAL FOR PERFORMANCE AND RECOVERY.
6. **MENTAL PREPARATION:** MENTAL TOUGHNESS IS AS IMPORTANT AS PHYSICAL PREPARATION. VISUALIZATION AND POSITIVE SELF-TALK CAN HELP YOU STAY FOCUSED AND MOTIVATED.

SAMPLE 6 WEEK MARATHON TRAINING PLAN

THIS SIX-WEEK MARATHON TRAINING PLAN ASSUMES THAT YOU ALREADY HAVE A DECENT RUNNING BASE, IDEALLY BEING ABLE TO RUN AT LEAST 10-15 MILES PER WEEK BEFORE STARTING. IF YOU'RE STARTING FROM SCRATCH, CONSIDER EXTENDING YOUR TRAINING PERIOD.

WEEK 1

- MONDAY: REST OR CROSS-TRAINING (CYCLING, SWIMMING).
- TUESDAY: 4 MILES EASY RUN.
- WEDNESDAY: SPEED WORK - 5 X 400M AT 5K PACE WITH 1-MINUTE REST INTERVALS.
- THURSDAY: 3 MILES EASY RUN.
- FRIDAY: REST.
- SATURDAY: LONG RUN - 10 MILES AT A COMFORTABLE PACE.
- SUNDAY: 4 MILES RECOVERY RUN.

WEEK 2

- MONDAY: REST OR CROSS-TRAINING.
- TUESDAY: 5 MILES EASY RUN.
- WEDNESDAY: TEMPO RUN - 3 MILES AT HALF-MARATHON PACE.
- THURSDAY: 4 MILES EASY RUN.
- FRIDAY: REST.
- SATURDAY: LONG RUN - 12 MILES.
- SUNDAY: 4 MILES RECOVERY RUN.

WEEK 3

- MONDAY: REST OR CROSS-TRAINING.
- TUESDAY: 6 MILES EASY RUN.
- WEDNESDAY: SPEED WORK - 6 X 800M AT 5K PACE WITH 2-MINUTE REST INTERVALS.
- THURSDAY: 4 MILES EASY RUN.
- FRIDAY: REST.
- SATURDAY: LONG RUN - 14 MILES.
- SUNDAY: 5 MILES RECOVERY RUN.

WEEK 4

- MONDAY: REST OR CROSS-TRAINING.
- TUESDAY: 7 MILES EASY RUN.
- WEDNESDAY: TEMPO RUN - 4 MILES AT HALF-MARATHON PACE.
- THURSDAY: 5 MILES EASY RUN.
- FRIDAY: REST.
- SATURDAY: LONG RUN - 16 MILES.
- SUNDAY: 5 MILES RECOVERY RUN.

WEEK 5

- MONDAY: REST OR CROSS-TRAINING.
- TUESDAY: 8 MILES EASY RUN.
- WEDNESDAY: SPEED WORK - 4 X 1 MILE AT 10K PACE WITH 3-MINUTE REST INTERVALS.
- THURSDAY: 5 MILES EASY RUN.
- FRIDAY: REST.
- SATURDAY: LONG RUN - 18 MILES.
- SUNDAY: 5 MILES RECOVERY RUN.

WEEK 6 (TAPER WEEK)

- MONDAY: REST OR CROSS-TRAINING.
- TUESDAY: 5 MILES EASY RUN.
- WEDNESDAY: 3 MILES AT MARATHON PACE.
- THURSDAY: 3 MILES EASY RUN.
- FRIDAY: REST.
- SATURDAY: 2 MILES SHAKEOUT RUN.
- SUNDAY: RACE DAY - MARATHON!

NUTRITION FOR MARATHON TRAINING

PROPER NUTRITION PLAYS A CRUCIAL ROLE IN YOUR MARATHON TRAINING. HERE ARE SOME KEY POINTS TO CONSIDER:

PRE-RUN NUTRITION

- HYDRATION: START EACH DAY WITH WATER AND HYDRATE BEFORE YOUR RUNS.
- CARBOHYDRATES: PRIOR TO LONG RUNS, CONSUME A CARBOHYDRATE-RICH MEAL (PASTA, RICE, BREAD) TO FUEL YOUR ENERGY LEVELS.
- SNACKS: ENERGY GELS, CHEWS, OR BANANAS CAN BE GREAT OPTIONS TO CONSUME DURING LONGER RUNS.

POST-RUN NUTRITION

- RECOVERY MEALS: FOCUS ON A BALANCED MEAL THAT INCLUDES PROTEIN AND CARBOHYDRATES (GRILLED CHICKEN WITH QUINOA AND VEGGIES).
- HYDRATION: REPLENISH FLUIDS LOST DURING YOUR RUN WITH WATER OR ELECTROLYTE DRINKS.

INJURY PREVENTION STRATEGIES

INJURIES CAN DERAIL YOUR MARATHON TRAINING. HERE ARE SOME STRATEGIES TO REDUCE THE RISK:

1. LISTEN TO YOUR BODY: IF YOU FEEL ANY PAIN, DON'T PUSH THROUGH IT. REST AND SEEK ADVICE IF NECESSARY.
2. STRENGTH TRAINING: INCORPORATE STRENGTH EXERCISES FOCUSING ON THE CORE, HIPS, AND LEGS TO BUILD RESILIENCE.
3. FLEXIBILITY WORK: STRETCHING AND FOAM ROLLING CAN HELP MAINTAIN FLEXIBILITY AND REDUCE MUSCLE TIGHTNESS.
4. PROPER FOOTWEAR: INVEST IN A GOOD PAIR OF RUNNING SHOES THAT SUIT YOUR FOOT TYPE AND GAIT.

MENTAL PREPARATION FOR MARATHON DAY

THE MENTAL ASPECT OF MARATHON TRAINING IS EQUALLY IMPORTANT AS THE PHYSICAL SIDE. HERE ARE SOME TIPS TO PREPARE MENTALLY:

1. VISUALIZATION: IMAGINE YOURSELF RUNNING THE MARATHON, CROSSING THE FINISH LINE, AND FEELING ACCOMPLISHED.
2. POSITIVE AFFIRMATIONS: USE POSITIVE SELF-TALK TO BOOST YOUR CONFIDENCE.
3. RACE DAY STRATEGY: PLAN YOUR RACE PACE AND HYDRATION STRATEGY. FAMILIARIZE YOURSELF WITH THE COURSE IF POSSIBLE.

CONCLUSION

EMBARKING ON A 6 WEEK MARATHON TRAINING PLAN IS A CHALLENGING YET REWARDING JOURNEY. WITH A STRUCTURED TRAINING PROGRAM, PROPER NUTRITION, INJURY PREVENTION STRATEGIES, AND MENTAL PREPARATION, YOU CAN SET YOURSELF UP FOR SUCCESS ON RACE DAY. REMEMBER, EVERY RUNNER IS DIFFERENT, SO LISTEN TO YOUR BODY AND ADJUST YOUR TRAINING AS NEEDED. GOOD LUCK, AND ENJOY THE PROCESS OF TRAINING FOR YOUR MARATHON!

FREQUENTLY ASKED QUESTIONS

IS IT POSSIBLE TO TRAIN FOR A MARATHON IN JUST 6 WEEKS?

WHILE IT'S CHALLENGING, SOME EXPERIENCED RUNNERS CAN PREPARE FOR A MARATHON IN 6 WEEKS BY BUILDING ON A STRONG BASE OF FITNESS. HOWEVER, BEGINNERS SHOULD IDEALLY ALLOW MORE TIME.

WHAT IS THE MINIMUM WEEKLY MILEAGE FOR A 6-WEEK MARATHON TRAINING PLAN?

MOST 6-WEEK PLANS SUGGEST A MINIMUM OF 20-30 MILES PER WEEK, WITH A LONG RUN OF AT LEAST 10-15 MILES TO HELP PREPARE FOR RACE DAY.

WHAT TYPES OF WORKOUTS SHOULD I INCLUDE IN A 6-WEEK MARATHON TRAINING

PLAN?

INCLUDE LONG RUNS, TEMPO RUNS, INTERVAL TRAINING, AND EASY RECOVERY RUNS TO BUILD ENDURANCE, SPEED, AND OVERALL FITNESS.

HOW SHOULD I ADJUST MY TRAINING IF I MISS A WEEK DURING MY 6-WEEK PLAN?

IF YOU MISS A WEEK, ASSESS YOUR FITNESS LEVEL AND CONSIDER REDUCING THE INTENSITY OR LENGTH OF YOUR RUNS FOR THE FOLLOWING WEEKS TO AVOID INJURY.

WHAT SHOULD MY LONGEST RUN BE DURING A 6-WEEK MARATHON TRAINING PROGRAM?

YOUR LONGEST RUN SHOULD IDEALLY BE BETWEEN 16 TO 20 MILES, SCHEDULED ABOUT 2-3 WEEKS BEFORE THE MARATHON TO ADEQUATELY PREPARE YOUR BODY.

HOW CAN I PREVENT INJURIES WHILE TRAINING FOR A MARATHON IN 6 WEEKS?

FOCUS ON PROPER FORM, GRADUALLY INCREASE YOUR MILEAGE, INCORPORATE REST DAYS, AND LISTEN TO YOUR BODY. STRETCHING AND STRENGTH TRAINING CAN ALSO HELP PREVENT INJURIES.

WHAT SHOULD I EAT DURING MY 6-WEEK MARATHON TRAINING?

Prioritize a balanced diet rich in carbohydrates, proteins, and healthy fats. Hydration is crucial, and consider fueling strategies for longer runs.

WHAT ROLE DOES CROSS-TRAINING PLAY IN A 6-WEEK MARATHON TRAINING PLAN?

CROSS-TRAINING CAN ENHANCE OVERALL FITNESS, IMPROVE STRENGTH, AND REDUCE THE RISK OF INJURY. ACTIVITIES LIKE CYCLING, SWIMMING, OR YOGA ARE BENEFICIAL.

HOW IMPORTANT IS TAPERING BEFORE THE MARATHON?

TAPERING IS CRUCIAL TO ALLOW YOUR BODY TO RECOVER AND REBUILD STRENGTH BEFORE RACE DAY. A 1-2 WEEK TAPER IS TYPICALLY RECOMMENDED.

WHAT MENTAL STRATEGIES CAN HELP DURING A 6-WEEK MARATHON TRAINING?

VISUALIZATION, SETTING SMALL GOALS, MAINTAINING A POSITIVE MINDSET, AND PRACTICING MINDFULNESS CAN ENHANCE MENTAL TOUGHNESS AND PREPARE YOU FOR RACE DAY.

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