

# 2022 marathon training plan

The Norton Sports Health program combines cross-training, mileage and rest in a 15-week training plan designed to help you adapt to the physical demands of a marathon. Use this plan as a visual guide to keep track of your progress.

## JANUARY

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Get ready					<b>Kickoff day!</b>	Rest	SWG 6 mi
WEEK 1	Rest	XT	3 mi/ TT	5 mi	3 mi	Rest	BCK 8 mi
WEEK 2	Rest	XT	B4S 6 p.m.	6 mi	3 mi	Rest	B4S 10 mi
WEEK 3	Rest	XT					

## FEBRUARY

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 3			TT/IRO 6 p.m.	6 mi	4 mi	Rest	SEN 11 mi
WEEK 4	Rest	XT	B4S 6 p.m.	4 mi	3 mi	Rest	SWG 9 mi
WEEK 5	Rest	XT	TT/ NHSLC 6:30 p.m.	6 mi	4 mi	Rest	BCK 13 mi
WEEK 6	Rest	XT	NHSLC 6:30 p.m.	6 mi	4 mi	Rest	14 mi
WEEK 7	Rest	XT					

## MARCH

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 7			CHE 6 p.m.	6 mi	5 mi	Rest	SEN 15 mi
WEEK 8	Rest	XT	IRO 6 p.m.	5 mi	4 mi	Rest	B4S 12 mi
WEEK 9	Rest	XT	TT/NHSLC 6 p.m.	6 mi	5 mi	Rest	17 mi
WEEK 10	Rest	XT	CHE 6 p.m.	4 mi	4 mi	Rest	SWG 18 mi
WEEK 11	Rest	XT	TT/NHSLC 6 p.m.	7 mi	4 mi		

## APRIL

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 11						Rest	13 mi
WEEK 12	Rest	XT	IRO 6 p.m.	5 mi	4 mi	Rest	B4S 20 mi
WEEK 13	Rest	XT	TT/NHSLC 6 p.m.	4 mi	4 mi	Rest	SEN 12 mi
WEEK 14	Rest	XT	3 mi	3 mi	2 mi	Rest	SWG 8 mi
WEEK 15	Rest	XT	3 mi/ TT	3 mi	2 mi	Rest	<b>Race!</b>

XT = Cross-train

TT = Tuesday Talk at noon; you must pre-register for each live Zoom event at [NortonHealthcare.com/TuesdayTalks](https://www.nortonhealthcare.com/tuesdaytalks)

**Tuesday night group run locations\* alternate between:**

**B4S** = Big Four Station at the Pavilion, Jeffersonville, Indiana

**CHE** = Cherokee Park Hogan's Fountain, Louisville

**IRO** = Iroquois Amphitheater, 1080 Amphitheater Road, Louisville

**NHSLC** = Norton Healthcare Sports & Learning Center, 3029 W. Muhammed Ali Blvd., Louisville

*(Tuesdays at the parks will be hill repeats • NHSLC will be indoor track work and yoga)*

**Saturday morning group run locations\* alternate between:**

**B4S** = Big Four Station at the Pavilion, Jeffersonville, Indiana

**BCK** = Beckley Creek Park Egg Lawn at PwC Pavilion, 1411 Beckley Creek Parkway, Louisville

**SWG** = Swags Sport Shoes South, 7415 Third Street Road, Louisville

*(Saturday morning group runs start at 8 a.m.)*

\*Locations are subject to change.



[NORTONHEALTHCARE.COM/KDFTRAINING](https://www.nortonhealthcare.com/kdftraining)