

miniMarathon training quick plan

The Norton Sports Health program combines cross-training, mileage and rest and in a 15-week training plan designed to help you adapt to the physical demands a mini-marathon places on your body. Use this quick plan as a visual guide to check off your progress.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1			Virtual kickoff	1m	2m	Rest	2m/3m
WEEK 2	Rest	XT	2m*	2m/3m**	2m	Rest/2m	3m
WEEK 3	Rest	XT	2m*	3m**	2m/3m	Rest/2m	3m/4m

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 4	Rest	XT	3m*	3m/4m**	3m	Rest/2m	5m
WEEK 5	Rest	XT	3m*	3m**	3m/4m	Rest/2m	6m
WEEK 6	Rest	XT	3m*	3m**	3m/4m	Rest/2m	7m
WEEK 7	Rest	XT	3m*	3m/4m**	3m	Rest/2m	7m/8m

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 8	Rest	XT	4m*	3m**	3m	Rest/2m	8m/9m
WEEK 9	Rest	XT	4m*	4m/5m**	3m	Rest/2m	8m
WEEK 10	Rest	XT	4m*	4m**	3m	Rest/2m	9m/10m
WEEK 11	Rest	XT	4m*	3m/4m**	3m	Rest/2m	10m/11m

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 12	Rest	XT	3m*	4m/5m**	3m	Rest	8m
WEEK 13	Rest	XT	3m*	3m/4m**	3m	Rest/2m	12m
WEEK 14	Rest	XT	3m*	3m/4m**	3m	Rest	8m
WEEK 15	Rest	XT	3m*	2m**	2m	Rest/1m	Race

XT = Cross-train

m = Miles; Level 1/Level 2

*Virtual Tuesday Talk at noon

**Tempo: 30-40 seconds/mile slower than your goal race pace/mile



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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1	Rest	XT	3m/kickoff	5m	3m	Rest/2m	6m
WEEK 2	Rest	XT	3m*	5m**	3m	Rest/2m	8m
WEEK 3	Rest	XT	4m*	6m**	3m	Rest/2m	10m

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 4	Rest	XT	3m*	6m**	4m	Rest/2m	11m
WEEK 5	Rest	XT	3m*	4m**	3m	Rest/2m	9m
WEEK 6	Rest	XT	4m*	6m**	4m	Rest/2m	14m
WEEK 7	Rest	XT	4m*	6m**	4m	Rest/2m	15m

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 8	Rest	XT	4m*	6m**	5m	Rest/2m	16m
WEEK 9	Rest	XT	4m*	5m**	4m	Rest/2m	12m
WEEK 10	Rest	XT	5m*	6m**	5m	Rest/2m	18m
WEEK 11	Rest	XT	4m*	4m**	4m	Rest/2m	13m

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 12	Rest	XT	5m*	7m**	4m	Rest/2m	20m
WEEK 13	Rest	XT	4m*	5m**	4m	Rest/2m	12m
WEEK 14	Rest	XT	4m*	4m**	4m	Rest/2m	8m
WEEK 15	Rest	XT	3m*	3m**	2m	Rest/1m	Race

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