



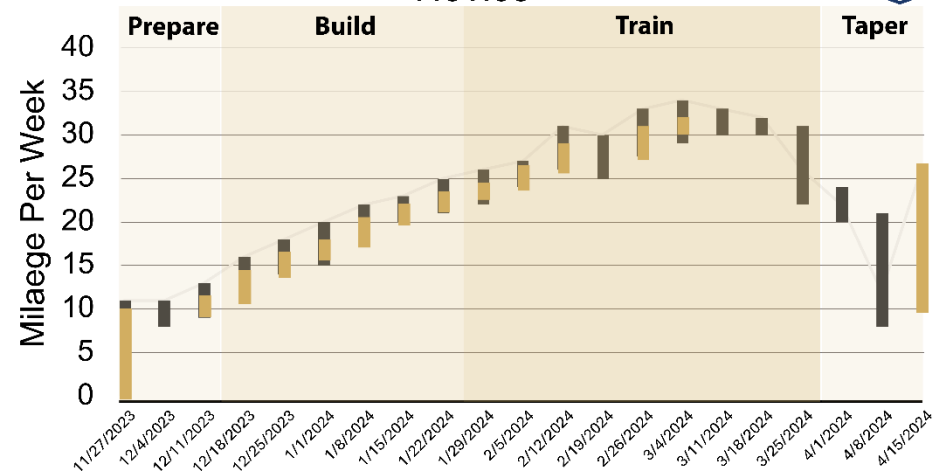
Boston Marathon Training Program (Novice)

Prepare

Weeks to Go	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage
20	3 miles (easy pace)	Cross train	2-3 miles (easy pace)	Active rest	Cross train	3-5 miles (easy pace)	Rest	8-11
19	3 miles (easy pace)	Cross train	2-3 miles (easy pace)	Active rest	Cross train	3-5 miles (easy pace)	Rest	8-11
18	3-4 miles (easy pace)	Cross train	2-3 miles (easy pace)	Active rest	Cross train	4-6 miles (easy pace)	Rest	9-13



Boston Marathon Training Program Novice





Boston Marathon Training Program (Novice)

Build

Weeks to Go	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage
17	3-4 (easy pace)	Cross train	3-4 (easy pace)	Active rest	Cross train	6-8 (easy pace)	Rest	12-16
16	2-3 (medium pace) + 4-6x100m strides	Cross train	4-5 (easy pace)	Active rest	Cross train	8-10 (easy pace)	Rest	14-18
15	2-4 (medium pace) + 4-6x100 strides	Cross train	4-5 (easy pace)	Active rest	Cross train	9-11 (easy pace)	Rest	15-20
14	2-4 (medium pace) + 4-6x100 strides	Cross train	5-6 (medium pace)	Active rest	Cross train	11-12 (easy pace)	Rest	18-22
13	3-4 (medium pace) + 4-6x100 strides	Cross train	6-7 (easy-medium pace)	Active rest	Cross train	11-12 (easy pace)	Rest	20-23
12	3-4 (medium pace) + 4-6x100 strides	Cross train	6-7 (medium pace)	Active rest	Cross train	12-14 (easy pace)	Rest	21-25



PHYSICAL THERAPY & WELLNESS

Boston Marathon Training Program (Novice)

Train

Weeks to Go	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage
11	3-4 (medium pace) + 4-6x100 strides	Cross train	7-8 (easy-medium pace)	Active rest	Cross train	12-14 (easy pace)	Rest	22-26
10	4-5 (medium pace) + 4-6x100 strides	Cross train	7-8 (medium pace)	Active rest	Cross train	14 (easy pace)	Rest	25-27
9	4-5 (medium pace) + 6-8x100 strides	Cross train	8-10 (easy pace)	Active rest	Cross train	14-16 (easy pace)	Rest	26-31
8	5-6 (medium pace) + 4-6x100 strides	Cross train	8-10 (easy-medium pace)	Active rest	Cross train	12-14 (easy pace)	Rest	25-30
7	4-5 (medium pace) + 6-8x100 strides	Cross train	10-12 (easy pace)	Active rest	Cross train	14-16 (easy pace)	Rest	28-33
6	5-6 (medium pace) + 6-8x100 strides	Cross train	8-10 (easy-medium pace)	Active rest	Cross train	16-18 (easy pace)	Rest	29-34

