

# Weekly Training

**2 Work Days**  
**4 Recovery Days**  
**1 Day Off**

## Marathon Plan

### **Work**

1. Mid week: tempo or hill run (optional)
2. Weekend: endurance run

### **Recovery**

#### **Options**

Run: 40 min.  
Cycle: 60 min.  
Swim: 40-60 min.  
Weights: 60 min.  
Walk: 60 min.

## 1/2 Marathon Plan

1. Mid week tempo or run (optional)
2. Weekend: endurance run

#### **Options**

Run:40 min.  
Cycle: 60 min.  
Swim:40-60 min.  
Weights:60 min.  
Walk:60 min.

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## Example

### **Runner**

**Monday:** 40 min. easy run / recovery  
**Tuesday:** 40 min. easy run / recovery  
**Wednesday:** 60 min. run-tempo / work  
**Thursday:** 40 min. easy run / recovery  
**Friday:** 40 min. easy run / recovery  
**Saturday:** Long run @ SSR/ work  
**Sunday:** OFF

### **Cross trainer**

60 min. easy bike ride / recovery  
40 min. easy run / recovery  
60 min. easy run-tempo / work  
40 min. easy swim / recovery  
60 min. easy bike ride / recovery  
Long run @ SSR/ work  
OFF

Your Schedule: