

Teton Running 25-Week Marathon Training Plan

Descriptions of pacing, intensity, and workouts are contained at the bottom of the plan.

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1		30 minutes at Easy pace	30 minutes at Easy pace	Cross-Train for 20-30 minutes at or around the same intensity as your Easy pace. Or take the day off.	30 minutes at Easy pace	Cross-Train for 20-30 minutes at or around the same intensity as your Easy pace. Or take the day off.	Long Run of 3 miles or Rest (see Sunday and see below for Long Run explanation)
2	Long Run of 3 miles or Rest (see Saturday and see below for Long Run explanation)	30 minutes at Easy pace	30 minutes at Easy pace	Cross-Train for 20-30 minutes at or around the same intensity as your Easy pace. Or take the day off.	30 minutes at Easy pace	Cross-Train for 20-30 minutes at or around the same intensity as your Easy pace. Or take the day off.	Long Run of 4 miles or Rest (see Sunday)
3	Long Run of 4 miles or Rest (see Saturday)	30 minutes at Easy pace	30 minutes at Easy pace	Cross-Train for 20-30 minutes at or around the same intensity as your Easy pace. Or take the day off.	30 minutes at Easy pace	Cross-Train for 20-30 minutes at or around the same intensity as your Easy pace. Or take the day off.	Long Run of 5 miles or Rest (see Sunday)
4	Long Run of 5 miles or Rest (see Saturday)	30 minutes at Easy pace	30 minutes at Easy pace	Cross-Train for 20-30 minutes at or around the same intensity as your Easy pace. Or take the day off.	30 minutes at Easy pace	Cross-Train for 20-30 minutes at or around the same intensity as your Easy pace. Or take the day off.	Long Run of 3 miles or Rest (see Sunday)

5	Long Run of 3 miles or Rest (see Saturday)	30 minutes at Easy pace	30 minutes at Easy pace	Cross-Train for 20-30 minutes at or around the same intensity as your Easy pace. Or take the day off.	30 minutes at Easy pace	Cross-Train for 20-30 minutes at or around the same intensity as your Easy pace. Or take the day off.	Long Run of 6 miles or Rest (see Sunday)
6	Long Run of 6 miles or Rest (see Saturday)	30 minutes at Easy pace	30 minutes at Easy pace	Cross-Train for 20-30 minutes at or around the same intensity as your Easy pace. Or take the day off.	30 minutes at Easy pace	Cross-Train for 20-30 minutes at or around the same intensity as your Easy pace. Or take the day off.	Long Run of 7 miles or Rest (see Sunday)
7	Long Run of 7 miles or Rest (see Saturday)	30 minutes at Easy pace. After your run, finish your workout by doing 5 x 20 second strides. (See below for further explanation)	30 minutes at Easy pace	Cross-Train for at least 30 minutes at or around the same intensity as your Easy pace.	30 minutes at Easy pace. After your run, finish your workout by doing 5 x 20 second strides. (See below for further explanation)	Cross-Train for at least 30 minutes at or around the same intensity as your Easy pace. Or take the day off.	Long Run of 8 miles or Rest (see Sunday)
8	Long Run of 8 miles or Rest (see Saturday)	30 minutes at Easy pace. After your run, finish your workout by doing 5 x 20 second strides. (See below for further explanation)	30 minutes at Easy pace	Cross-Train for at least 30 minutes at or around the same intensity as your Easy pace.	30 minutes at Easy pace. After your run, finish your workout by doing 5 x 20 second strides. (See below for further explanation)	Cross-Train for at least 30 minutes at or around the same intensity as your Easy pace. Or take the day off.	Long Run of 4 miles or Rest (see Sunday)

9	Long Run of 4 miles or Rest (see Saturday)	30 minutes at Easy pace. After your run, finish your workout by doing 5 x 20 second strides. (See below for further explanation)	30 minutes at Easy pace	Cross-Train for at least 30 minutes at or around the same intensity as your Easy pace.	30 minutes at Easy pace. After your run, finish your workout by doing 5 x 20 second strides. (See below for further explanation)	Cross-Train for at least 30 minutes at or around the same intensity as your Easy pace. Or take the day off.	Long Run of 9 miles or Rest (see Sunday)
10	Long Run of 9 miles or Rest (see Saturday)	30 minutes at Easy pace. After your run, finish your workout by doing 5 x 20 second strides. (See below for further explanation)	30 minutes at Easy pace	Cross-Train for at least 30 minutes at or around the same intensity as your Easy pace.	30 minutes at Easy pace. After your run, finish your workout by doing 5 x 20 second strides. (See below for further explanation)	Cross-Train for at least 30 minutes at or around the same intensity as your Easy pace. Or take the day off.	Long Run of 10 miles or Rest (see Sunday)
11	Long Run of 10 miles or Rest (see Saturday)	30 minutes at Easy pace. After your run, finish your workout by doing 5 x 20 second strides. (See below for further explanation)	30 minutes at Easy pace	Cross-Train for at least 30 minutes at or around the same intensity as your Easy pace.	30 minutes at Easy pace. After your run, finish your workout by doing 5 x 20 second strides. (See below for further explanation)	Cross-Train for at least 30 minutes at or around the same intensity as your Easy pace. Or take the day off.	Long Run of 5 miles or Rest (see Sunday)

12	Long Run of 5 miles or Rest (see Saturday)	30 minutes at Easy pace. After your run, finish your workout by doing 5 x 20 second strides. (See below for further explanation)	30 minutes at Easy pace	Cross-Train for at least 30 minutes at or around the same intensity as your Easy pace.	30 minutes at Easy pace. After your run, finish your workout by doing 5 x 20 second strides. (See below for further explanation)	Cross-Train for at least 30 minutes at or around the same intensity as your Easy pace. Or take the day off.	Long Run of 11 miles or Rest (see Sunday)
13	Long Run of 11 miles or Rest (see Saturday)	30 minutes at Easy pace. After your run, finish your workout by doing 5 x 20 second strides. (See below for further explanation)	5-10 minute warm-up at Easy pace; 20-30 minute Tempo Run; then 5-10 minute cool-down at easy pace. (See below for further explanation)	Cross-Train for at least 30 minutes at or around the same intensity as your Easy pace.	30 minutes at Easy pace. After your run, finish your workout by doing 5 x 20 second strides. (See below for further explanation)	Cross-Train for at least 30 minutes at or around the same intensity as your Easy pace. Or take the day off.	Long Run of 12 miles or Rest (see Sunday)
14	Long Run of 12 miles or Rest (see Saturday)	30 minutes at Easy pace. After your run, finish your workout by doing 5 x 20 second strides. (See below for further explanation)	5-10 minute warm-up at Easy pace; 20-30 minute Tempo Run; then 5-10 minute cool-down at easy pace. (See below for further explanation)	Cross-Train for at least 30 minutes at or around the same intensity as your Easy pace.	30 minutes at Easy pace. After your run, finish your workout by doing 5 x 20 second strides. (See below for further explanation)	Cross-Train for at least 30 minutes at or around the same intensity as your Easy pace. Or take the day off.	Long Run of 6 miles or Rest (see Sunday)

15	Long Run of 6 miles or Rest (see Saturday)	30 minutes at Easy pace. After your run, finish your workout by doing 5 x 20 second strides. (See below for further explanation)	5-10 minute warm-up at Easy pace; 20-30 minute Tempo Run; then 5-10 minute cool-down at easy pace. (See below for further explanation)	Cross-Train for at least 30 minutes at or around the same intensity as your Easy pace.	30 minutes at Easy pace. After your run, finish your workout by doing 5 x 20 second strides. (See below for further explanation)	Cross-Train for at least 30 minutes at or around the same intensity as your Easy pace. Or take the day off.	1/2 Marathon Race or Long Run of 13 miles or Rest (see Sunday)
16	1/2 Marathon Race or Long Run of 13 miles or Rest (see Saturday)	30 minutes at Easy pace. After your run, finish your workout by doing 5 x 20 second strides. (See below for further explanation)	5-10 minute warm-up at Easy pace; 20-30 minute Tempo Run; then 5-10 minute cool-down at easy pace. (See below for further explanation)	Cross-Train for at least 30 minutes at or around the same intensity as your Easy pace.	30 minutes at Easy pace. After your run, finish your workout by doing 5 x 20 second strides. (See below for further explanation)	Cross-Train for at least 30 minutes at or around the same intensity as your Easy pace. Or take the day off.	Long Run of 7 miles or Rest (see Sunday)
17	Long Run of 7 miles or Rest (see Saturday)	30 minutes at Easy pace. After your run, finish your workout by doing 5 x 20 second strides. (See below for further explanation)	5-10 minute warm-up at Easy pace; 20-30 minute Tempo Run; then 5-10 minute cool-down at easy pace. (See below for further explanation)	Cross-Train for at least 30 minutes at or around the same intensity as your Easy pace.	30 minutes at Easy pace. After your run, finish your workout by doing 5 x 20 second strides. (See below for further explanation)	Cross-Train for at least 30 minutes at or around the same intensity as your Easy pace. Or take the day off.	Long Run of 15 miles or Rest (see Sunday)

18	Long Run of 15 miles or Rest (see Saturday)	30 minutes at Easy pace. After your run, finish your workout by doing 5 x 20 second strides. (See below for further explanation)	5-10 minute warm-up at Easy pace; 20-30 minute Tempo Run; then 5-10 minute cool-down at easy pace. (See below for further explanation)	Cross-Train for at least 30 minutes at or around the same intensity as your Easy pace.	30 minutes at Easy pace. After your run, finish your workout by doing 5 x 20 second strides. (See below for further explanation)	Cross-Train for at least 30 minutes at or around the same intensity as your Easy pace. Or take the day off.	Long Run of 16 miles or Rest (see Sunday)
19	Long Run of 16 miles or Rest (see Saturday)	30 minutes at Easy pace. After your run, finish your workout by doing 5 x 20 second strides. (See below for further explanation)	10 minute run at your Tempo Run pace; then complete rest for 2 minutes; then another 10 minutes at your Tempo Run pace; then run 30-60 minutes at your Easy pace.	Cross-Train for at least 30 minutes at or around the same intensity as your Easy pace.	30 minutes at Easy pace. After your run, finish your workout by doing 5 x 20 second strides. (See below for further explanation)	Cross-Train for at least 30 minutes at or around the same intensity as your Easy pace. Or take the day off.	Long Run of 8 miles or Rest (see Sunday)
20	Long Run of 8 miles or Rest (see Saturday)	30 minutes at Easy pace. After your run, finish your workout by doing 5 x 20 second strides. (See below for further explanation)	10 minute run at your Tempo Run pace; then complete rest for 2 minutes; then another 10 minutes at your Tempo Run pace; then run 30-60 minutes at your Easy pace.	Cross-Train for at least 30 minutes at or around the same intensity as your Easy pace.	30 minutes at Easy pace. After your run, finish your workout by doing 5 x 20 second strides. (See below for further explanation)	Cross-Train for at least 30 minutes at or around the same intensity as your Easy pace. Or take the day off.	Long Run of 18-19 miles or Rest (see Sunday)

21	Long Run of 18-19 miles or Rest (see Saturday)	30 minutes at Easy pace. After your run, finish your workout by doing 5 x 20 second strides. (See below for further explanation)	5-10 minute warm-up at Easy pace; 20-30 minute Tempo Run; then 5-10 minute cool-down at easy pace. (See below for further explanation)	Cross-Train for at least 30 minutes at or around the same intensity as your Easy pace.	30 minutes at Easy pace. After your run, finish your workout by doing 5 x 20 second strides. (See below for further explanation)	Cross-Train for at least 30 minutes at or around the same intensity as your Easy pace. Or take the day off.	Long Run of 9 miles or Rest (see Sunday)
22	Long Run of 9 miles or Rest (see Saturday)	30 minutes at Easy pace. After your run, finish your workout by doing 5 x 20 second strides. (See below for further explanation)	10 minute run at your Tempo Run pace; then complete rest for 2 minutes; then another 10 minutes at your Tempo Run pace; then run 30-60 minutes at your Easy pace.	Cross-Train for at least 30 minutes at or around the same intensity as your Easy pace.	30 minutes at Easy pace. After your run, finish your workout by doing 5 x 20 second strides. (See below for further explanation)	Cross-Train for at least 30 minutes at or around the same intensity as your Easy pace. Or take the day off.	Long Run of 20-21 miles or Rest (see Sunday)
23	Long Run of 20-21 miles or Rest (see Saturday)	30 minutes at Easy pace. After your run, finish your workout by doing 5 x 20 second strides. (See below for further explanation)	10 minute run at your Tempo Run pace; then complete rest for 2 minutes; then another 10 minutes at your Tempo Run pace; then run 30-60 minutes at your Easy pace.	Cross-Train for at least 30 minutes at or around the same intensity as your Easy pace.	30 minutes at Easy pace. After your run, finish your workout by doing 5 x 20 second strides. (See below for further explanation)	Cross-Train for at least 30 minutes at or around the same intensity as your Easy pace. Or take the day off.	Long Run of 10 miles or Rest (see Sunday)

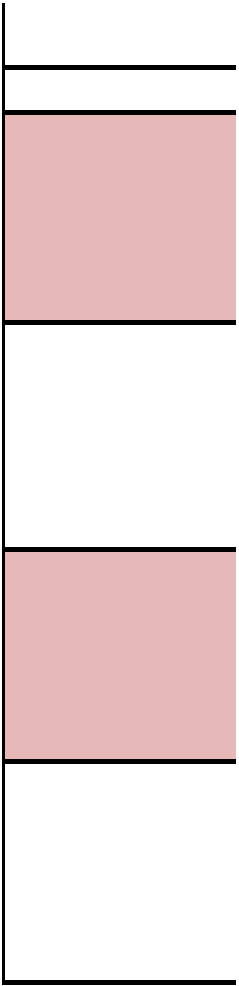
24	Long Run of 10 miles or Rest (see Saturday)	30 minutes at Easy pace. After your run, finish your workout by doing 5 x 20 second strides. (See below for further explanation)	5-10 minute warm-up at Easy pace; 20-30 minute Tempo Run; then 5-10 minute cool-down at easy pace. (See below for further explanation)	Cross-Train for at least 30 minutes at or around the same intensity as your Easy pace.	30 minutes at Easy pace. After your run, finish your workout by doing 5 x 20 second strides. (See below for further explanation)	Cross-Train for at least 30 minutes at or around the same intensity as your Easy pace. Or take the day off.	Long Run of 4 miles or Rest (see Sunday)
25	Long Run of 4 miles or Rest (see Saturday)	30 minutes at Easy pace. After your run, finish your workout by doing 5 x 20 second strides. (See below for further explanation)	25 minutes at Easy pace.	Cross-Train for at least 20 minutes (instead of 30 minutes) at or around the same intensity as your Easy pace.	20 minutes at Easy pace.	10 minutes at Easy pace, but you don't have to run. I think it's important to do something to get your heart-rate up a little and get the blood pumping. Even a good walk for 20 minutes around the city your running the marathon in.	RACE DAY!!!
26	RACE DAY!!!						

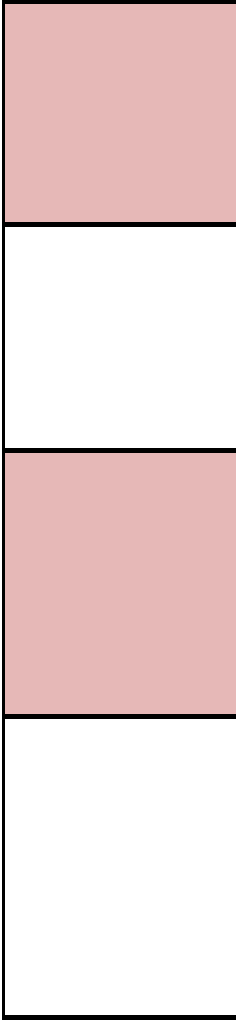
Easy Pace	<p>This is not necessarily a slow pace, but it's not fast either. There are two keys ways to estimate your Easy pace. First, gauge it by the way you're breathing. Breathing should never be stressful during a run labeled "Easy" pace. You should be able to carry on a conversation with someone. That doesn't mean you're talking the whole time, but it should be easy enough that you could talk to someone. The second way is to take your most recent 5K time and figure out your time per mile. Then add about 2 minutes and 30 seconds to it. For example, if your most recent best 5K was 27:00, then your race pace was 8:41/mile. Add 2:30 to it and your Easy pace comes out to be 11:11/mile. (This is a general/rough estimate of what your pace should be. If you want help determining your precise Easy pace, please contact us at Teton Running.)</p>
Long Run:	<p>Either do your Long run on Sunday or Saturday. Your Long run should be performed at your "E" pace. If you choose to do your long run on Saturday for example, take Sunday either completely off or do 20-30 minutes of Cross Training.</p>
30 min run:	<p>At the beginning of this plan you may not be able to run 30 minutes non-stop, that's okay. Make sure to run a total of 30 minutes, but feel free to break it up into several runs with 2 to 3 minutes of walking in between.</p>
Strides:	<p>A "stride" has been defined as a comfortable sprint. Start out easy and increase your speed until you're doing a comfortable sprint. I say 5 x 20 seconds above, but you're welcome to increase to 6 sets and 30 seconds per repetition.</p>
Cross-Training:	<p>Some people find large quantities of running boring. If that's you, don't feel bad you can't love running, that just means you may need to do something to break up the monotony of continuous Easy runs. Cross Training can help with that. If you want to run on the Cross Training days please do. Do a 30 minute run at your Easy pace.</p>

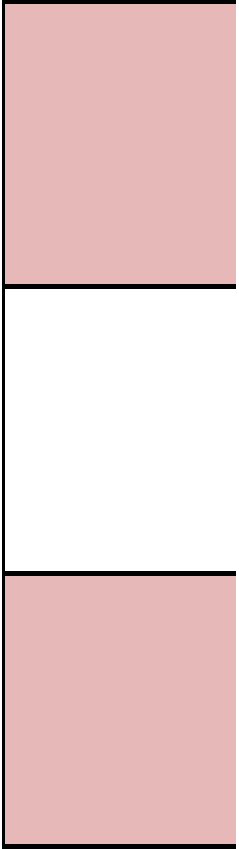
**The
Tempo
Run:**

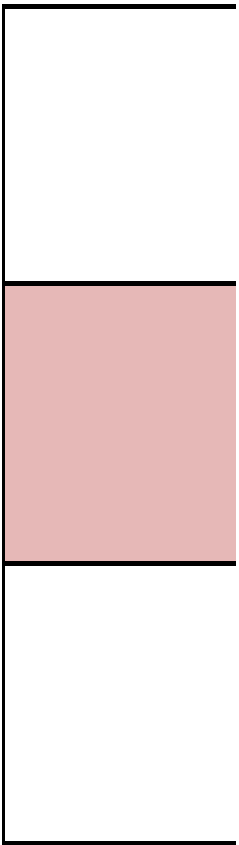
Tempo Run pace is faster than Easy pace. It's not killer or super-hard, but it should actually feel comfortably hard. To figure out what your Tempo Run pace should be, take your Easy pace and subtract 2:00-1:30 minutes from it. For example, if your most recent best 5K was 27:00, then your race pace was 8:41/mile. Add 2:30 to it and your Easy pace comes out to be 11:11/mile THEN subtract 2:00 and your Tempo Run pace comes out to be 9:11/mile. If your Easy pace is significantly faster, for example if your most recent 5K time is 19:57, your race pace then is 6:25/mile and your Easy pace calculates out to be about 8:30-9:00/mile, then subtract 1:30 (instead of 2:00) and your Tempo Run pace should come out to 7:00-7:15/mile. Treadmills work great to get you at that pace, doing it at a track can be effective too, and GPS watches are always awesome. If at any point you start hurting during your Tempo Run, back off and slow down a bit. It should not kill you. (This is a general/rough estimate of what your pace should be. If you want help determining your precise Easy pace, please contact us at Teton Running.)

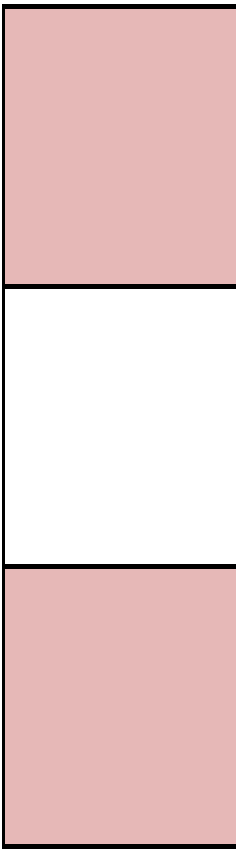


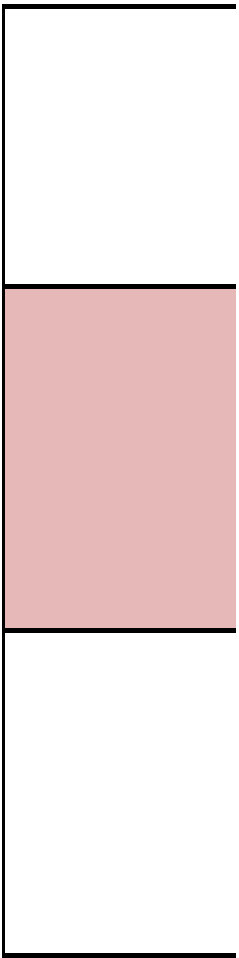


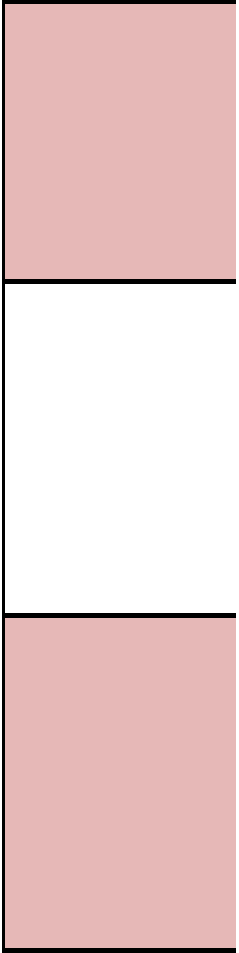


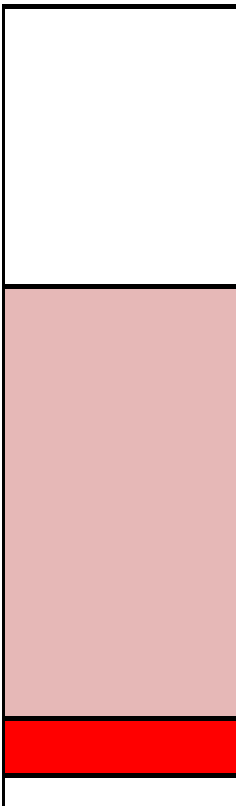












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