



September 2009



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total miles		1	2	3	4	5	6
	7 Labor Day	8	9	10	11	12	13
18 18 total miles	14 Full marathon training begins	15 4-6 miles	16 3 miles	17 4-6 miles	18 Rest	19 5 miles	20 Active Recovery
17 19 total miles	21 Rest	22 4-6 miles	23 3 miles	24 4-6 miles	25 Rest	26 6 miles	27 Active Recovery
16 21 total miles	28 Rest	29 4-6 miles	30 4 miles	Oct 1 4-6 miles	Oct 2 Rest	Oct 3 7 miles	Oct 4 Active Recovery

Full Marathon Training  
Novice



October 2009



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16 21 total miles	Sep 28 Rest	Sep 29 4-6 miles	Sep 30 4 miles	1 4-6 miles	2 Rest	3 7 miles	4 Active Recovery
15 22 total miles	5 Rest	6 4-6 miles	7 4 miles	8 4-6 miles	9 Rest	10 8 miles	11 Active Recovery
14 24 total miles	12 Columbus Day Rest	13 4-6 miles	14 5 miles	15 4-6 miles	16 Rest	17 9 miles	18 Active Recovery
13 25 total miles	19 Rest	20 4-6 miles	21 5 miles	22 4-6 miles	23 Rest	24 10 miles	25 Active Recovery
12 27 total miles	26 Rest	27 4-6 miles	28 6 miles	29 4-6 miles	30 Rest	31 Halloween 11 miles	Nov 1 Active Recovery

Full Marathon Training  
Novice



November 2009



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12 27 total miles	Oct 26 Rest	Oct 27 4-6 miles	Oct 28 6 miles	Oct 29 4-6 miles	Oct 30 Rest	Oct 31 Halloween 11 miles	1 Active Recovery
11 28 total miles	2 Rest	3 4-6 miles	4 6 miles	5 4-6 miles	6 Rest	7 12 miles	8 Active Recovery
10 22 total miles	9 Rest	10 4-6 miles	11 Veterans Day 3 miles	12 4-6 miles	13 Rest	14 9 miles	15 Active Recovery
9 31 total miles	16 Rest	17 4-6 miles	18 7 miles	19 4-6 miles	20 Rest	21 14 miles	22 Active Recovery
8 34 total miles	23 Rest	24 4-6 miles	25 8 miles	26 Thanksgiving Day 4-6 miles	27 Rest	28 16 miles	29 Active Recovery
7 28 total miles	30 Rest	Dec 1 4-6 miles	Dec 2 5 miles	Dec 3 4-6 miles	Dec 4 Rest	Dec 5 13 miles	Dec 6 Active recovery

Full Marathon Training  
Novice



December 2009



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 28 total miles	Nov 30 Rest	1 4-6 miles	2 5 miles	3 4-6 miles	4 Rest	5 13 miles	6 Active recovery
6 37 total miles	7 Rest	8 4-6 miles	9 9 miles	10 4-6 miles	11 Rest	12 18 miles	13 Active recovery
5 35 total miles	14 Rest	15 4-6 miles	16 10 miles	17 4-6 miles	18 Rest	19 15 miles	20 Active recovery
4 39 total miles	21 Rest	22 4-6 miles	23 9 miles	24 4-6 miles	25 Christmas Day Rest	26 20 miles	27 Active recovery
3 30 total miles	28 Rest	29 4-6 miles	30 8 miles	31 4-6 miles	Jan 1 New Year's Day Rest	Jan 2 12 miles	Jan 3 Active recovery

Full Marathon Training  
Novice



January 2010



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3 30 total miles	Dec 28 Rest	Dec 29 4-6 miles	Dec 30 8 miles	31 4-6 miles	1 New Year's Day Rest	2 12 miles	3 Active recovery
2 24 total miles	4 Rest	5 4-6 miles	6 6 miles	7 4-6 miles	8 Rest	9 8 miles	10 Active Recovery
1 10 plus 26.2	11 Rest	12 4 miles	13 4 miles	14 rest	15 2 miles	16 Rest	17 Race Day
	18 Martin Luther King Day	19	20	21	22	23	24
	25	26	27	28	29	30	31

Full Marathon Training  
Novice