

The Hogeye Marathon Training Plan

Each week starts on the Saturday with the long run.

You may adjust the weekly mileage by taking a mid-week run out, or adding a run, or modifying the distance of the mid-week runs. This plan is for those already consistently running 5-8 miles 4 or more times each week and are ready to start with an 8-mile-long run.

					Weekly Total
December 22	8	4	6	4	*22
December 29	9	4	6	4	*23
January 5	10	4	6	4	*24
January 12	12	4	6	5	*27
January 19	14	5	7	6	*32
January 26	9	4	4	4	*21
February 2	15	6	7	5	*33
February 9	17	5	7	6	*35
February 16	9	6	7	5	*27
February 23	19	5	8	4	*36
March 2	16	5	8	8	*37
March 9	9	6	9	5	*29
March 16	19	5	7	5	*36
March 23	9	5	7	5	*26
March 30	6	4	3	3	*16
April 6	13.1				