

Here is your Novice 1 training schedule. The below chart tells you what to do for each day for the 18 weeks leading to the marathon. **Marathon Training Schedule: Novice 1**

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	Rest	3 m run	3 m run	3 m run	Rest	6	cross
2	Rest	3 m run	3 m run	3 m run	Rest	7	cross
3	Rest	3 m run	4 m run	3 m run	Rest	5	cross
4	Rest	3 m run	4 m run	3 m run	Rest	9	cross
5	Rest	3 m run	5 m run	3 m run	Rest	10	cross
6	Rest	3 m run	5 m run	3 m run	Rest	7	cross
7	Rest	3 m run	6 m run	3 m run	Rest	12	cross
8	Rest	3 m run	6 m run	3 m run	Rest	Rest	Half Marathon
9	Rest	3 m run	7 m run	4 m run	Rest	10	cross
10	Rest	3 m run	7 m run	4 m run	Rest	15	cross
11	Rest	4 m run	8 m run	4 m run	Rest	16	cross
12	Rest	4 m run	8 m run	5 m run	Rest	12	cross
13	Rest	4 m run	9 m run	5 m run	Rest	18	cross
14	Rest	5 m run	9 m run	5 m run	Rest	14	cross
15	Rest	5 m run	10 m run	5 m run	Rest	20	cross
16	Rest	5 m run	8 m run	4 m run	Rest	12	cross
17	Rest	4 m run	6 m run	3 m run	Rest	8	cross
18	Rest	3 m run	4 m run	2 m run	Rest	Rest	Marathon

