

2019 KBC Dublin Marathon

22 Week Training Schedule – Week 1

MON	1 MILE	MON	3 MILES
TUES	REST	TUES	REST
WED	1 MILE	WED	3 MILES
THURS	1 MILE	THURS	3 MILES
FRI	REST	FRI	REST
SAT	1 MILE	SAT	3 MILES
SUN	2 MILES	SUN	4 MILES

BEGINNER

ADVANCED

2019 KBC Dublin Marathon

22 Week Training Schedule – Week 2

MON	1 MILE	MON	3 MILES
TUES	REST	TUES	REST
WED	2 MILES	WED	3 MILES
THURS	1 MILE	THURS	3 MILES
FRI	REST	FRI	REST
SAT	2 MILES	SAT	3 MILES
SUN	2 MILES	SUN	4 MILES

BEGINNER

ADVANCED

2019 KBC Dublin Marathon

22 Week Training Schedule – Week 3

MON	2 MILES	MON	3 MILES
TUES	REST	TUES	REST
WED	3 MILES	WED	4 MILES
THURS	2 MILES	THURS	4 MILES
FRI	REST	FRI	REST
SAT	3 MILES	SAT	5 MILES
SUN	2 MILES	SUN	5 MILES

BEGINNER

ADVANCED

2019 KBC Dublin Marathon

22 Week Training Schedule – Week 4

MON	2 MILES	MON	3 MILES
TUES	REST	TUES	REST
WED	3 MILES	WED	4 MILES
THURS	3 MILES	THURS	4 MILES
FRI	REST	FRI	REST
SAT	3 MILES	SAT	3 MILES
SUN	4 MILES	SUN	6 MILES

BEGINNER

ADVANCED

2019 KBC Dublin Marathon

22 Week Training Schedule – Week 5

MON	3 MILES	MON	REST
TUES	REST	TUES	4/6 MILES
WED	4 MILES	WED	4/6 MILES + 5X50M STRIDES
THURS	2 MILES	THURS	4/6 MILES
FRI	REST	FRI	REST
SAT	3 MILES	SAT	4 MILES
SUN	REST OR EASY 2 MILES	SUN	REST OR EASY 6 MILES

BEGINNER

ADVANCED

2019 KBC Dublin Marathon

22 Week Training Schedule – Week 6

MON	REST	MON	REST
TUES	3 MILES	TUES	4/6 MILES
WED	4 MILES	WED	4/6 MILES + 5X50M STRIDES
THURS	3 MILES	THURS	4/6 MILES
FRI	REST	FRI	REST
SAT	3 MILES	SAT	4 MILES
SUN	5 MILES	SUN	8/10 MILES

BEGINNER

ADVANCED

2019 KBC Dublin Marathon

22 Week Training Schedule – Week 7

MON	REST	MON	REST
TUES	3 MILES	TUES	4/6 MILES
WED	4 MILES	WED	6 MILES + 5X50M STRIDES
THURS	3/4 MILES	THURS	4/6 MILES
FRI	REST	FRI	REST
SAT	3/4 MILES	SAT	3/4 MILES
SUN	4 MILES	SUN	4 MILES

BEGINNER

ADVANCED

2019 KBC Dublin Marathon

22 Week Training Schedule – Week 8

MON	REST	MON	REST
TUES	3/4 MILES	TUES	4/6 X 400M X 2MIN RECOVERY
WED	4 MILES	WED	6/8 MILES
THURS	REST	THURS	4/6 MILES
FRI	3 MILES	FRI	3 MILES
SAT	REST	SAT	REST
SUN	10 MILES	SUN	10 MILES

BEGINNER

ADVANCED

2019 KBC Dublin Marathon

22 Week Training Schedule – Week 9

MON	REST
TUES	3/4 MILES
WED	4 MILES
THURS	3/4 MILES
FRI	REST
SAT	3/4 MILES
SUN	8/10 MILES

BEGINNER

MON	REST
TUES	4/6 X 400M X 90 SEC RECOVERY
WED	6 MILES
THURS	6 MILES
FRI	REST
SAT	4 MILES
SUN	12/14 MILES

ADVANCED

2019 KBC Dublin Marathon

22 Week Training Schedule – Week 10

MON	REST
TUES	4 MILES
WED	6 MILES
THURS	3 MILES
FRI	REST
SAT	3/4 MILES
SUN	10/12 MILES

BEGINNER

MON	REST
TUES	6/8 X 400M X 90 SEC RECOVERY
WED	6 MILES
THURS	4/6 MILES
FRI	REST
SAT	4 MILES
SUN	12/14 MILES

ADVANCED

2019 KBC Dublin Marathon

22 Week Training Schedule – Week 11

MON	REST
TUES	4 MILES
WED	6 MILES
THURS	4 MILES
FRI	REST
SAT	3/4 MILES
SUN	10/12 MILES

BEGINNER

MON	REST
TUES	6/8 X 400M X 90 SEC RECOVERY
WED	8/10 MILES
THURS	REST
FRI	4 MILES + 5X50M STRIDES
SAT	4 MILES
SUN	14 MILES

ADVANCED

2019 KBC Dublin Marathon

22 Week Training Schedule – Week 12

MON	REST
TUES	3 MILES
WED	6 MILES
THURS	4 MILES
FRI	REST
SAT	4 MILES
SUN	12/14 MILES

BEGINNER

MON	REST
TUES	4/6 MILES + 5X50M STRIDES
WED	8/10 MILES
THURS	4/6 MILES
FRI	REST
SAT	4/6 MILES
SUN	14/16 MILES

ADVANCED

2019 KBC Dublin Marathon

22 Week Training Schedule – Week 13

MON	REST
TUES	REST OR EASY 4 MILES
WED	6 MILES
THURS	4 MILES
FRI	REST
SAT	10 MILES
SUN	REST

BEGINNER

MON	REST
TUES	4 MILES + 5X50M STRIDES
WED	8 MILES
THURS	4 MILES
FRI	REST
SAT	10 MILES
SUN	4/6 MILES

ADVANCED

2019 KBC Dublin Marathon

22 Week Training Schedule – Week 14

MON	REST
TUES	REST OR EASY 4 MILES
WED	4 MILES
THURS	4 MILES
FRI	4 MILES
SAT	REST
SUN	14 MILES

BEGINNER

MON	REST
TUES	4 MILES + 5X75M STRIDES
WED	8 MILES
THURS	4 MILES
FRI	REST
SAT	5 MILES
SUN	16 MILES

ADVANCED

2019 KBC Dublin Marathon

22 Week Training Schedule – Week 15

MON	REST
TUES	4 MILES
WED	4 MILE TIME TRIAL
THURS	4 MILES
FRI	REST
SAT	3 MILES
SUN	14/16 MILES

BEGINNER

MON	REST
TUES	4/6 MILES
WED	4 MILE TIME TRIAL
THURS	4/6 MILES
FRI	REST
SAT	4/6 MILES
SUN	16/18 MILES

ADVANCED

2019 KBC Dublin Marathon

22 Week Training Schedule – Week 16

MON	REST
TUES	4 MILES
WED	6 MILES
THURS	4 MILES
FRI	REST
SAT	4 MILES
SUN	16 MILES

BEGINNER

MON	REST
TUES	6/8 X 400M X 90 SEC RECOVERY
WED	8 MILES
THURS	4/6 MILES
FRI	REST
SAT	4 MILES
SUN	18 MILES

ADVANCED

2019 KBC Dublin Marathon

22 Week Training Schedule – Week 17

MON	REST
TUES	REST OR EASY 4 MILES
WED	6/8 MILES
THURS	4 MILES
FRI	REST
SAT	HALF MARATHON
SUN	REST

BEGINNER

MON	REST
TUES	REST OR EASY JOG
WED	8/10 MILES
THURS	4/6 MILES
FRI	REST
SAT	HALF MARATHON
SUN	REST OR EASY 4 MILES

ADVANCED

2019 KBC Dublin Marathon

22 Week Training Schedule – Week 18

MON	REST	MON	REST
TUES	REST OR EASY 4 MILES	TUES	8 X 400M X 90 SEC RECOVERY
WED	6/8 MILES	WED	8/10 MILES
THURS	4 MILES	THURS	4/6 MILES
FRI	REST	FRI	REST
SAT	REST	SAT	4 MILES
SUN	16 MILES	SUN	18/20 MILES

BEGINNER

ADVANCED

2019 KBC Dublin Marathon

22 Week Training Schedule – Week 19

MON	REST
TUES	REST OR EASY 4 MILES
WED	6/8 MILES
THURS	4 MILES
FRI	REST
SAT	REST
SUN	18/20 MILES

BEGINNER

MON	REST
TUES	4/6 MILES + 5X50M STRIDES
WED	10 MILES
THURS	4 MILES
FRI	REST
SAT	REST
SUN	20/22 MILES

ADVANCED

2019 KBC Dublin Marathon

22 Week Training Schedule – Week 20

MON	REST
TUES	4 MILES
WED	6/8 MILES
THURS	4 MILES
FRI	REST
SAT	REST
SUN	14/16 MILES

BEGINNER

MON	REST
TUES	4/6 MILES
WED	8 MILES
THURS	4 MILES
FRI	REST
SAT	4 MILES
SUN	14/16 MILES

ADVANCED

2019 KBC Dublin Marathon

22 Week Training Schedule – Week 21

MON	REST
TUES	6 MILES
WED	4 MILES
THURS	4 MILES
FRI	REST
SAT	4 MILE TIME TRIAL
SUN	8/10 MILES

BEGINNER

MON	REST
TUES	6 MILES
WED	4 MILES
THURS	4 MILES
FRI	REST
SAT	4 MILE TIME TRIAL
SUN	8/10 MILES

ADVANCED

2019 KBC Dublin Marathon

22 Week Training Schedule – Week 22

MON	REST
TUES	REST
WED	4 MILES
THURS	3 MILES
FRI	REST
SAT	REST
SUN	RACE DAY

BEGINNER

MON	REST
TUES	REST
WED	4 MILES
THURS	3 MILES
FRI	REST
SAT	REST
SUN	RACE DAY

ADVANCED