

# FULL MARATHON

## 26.2 MILES 20 WEEK TRAINING PLAN

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	TOTAL MILEAGE
1	2 miles	3 miles	Rest Day	XT	2 miles	5 miles	Rest Day	12 miles
2	2 miles	3 miles	Rest Day	XT	3 miles	6 miles	Rest Day	14 miles
3	3 miles	3 miles	Rest Day	XT	3 miles	7 miles	Rest Day	16 miles
4	3 miles	4 miles	Rest Day	XT	3 miles	8 miles	Rest Day	18 miles
5	3 miles	4 miles	Rest Day	XT	3 miles	9 miles	Rest Day	19 miles
6	4 miles	4 miles	Rest Day	XT	3 miles	10 miles	Rest Day	21 miles
7	4 miles	4 miles	Rest Day	XT	4 miles	11 miles	Rest Day	23 miles
8	4 miles	5 miles	Rest Day	XT	3 miles	12 miles	Rest Day	24 miles
9	4 miles	5 miles	Rest Day	XT	4 miles	6 miles	Rest Day	19 miles
10	4 miles	5 miles	Rest Day	XT	4 miles	14 miles	Rest Day	27 miles
11	4 miles	5 miles	Rest Day	XT	5 miles	7 miles	Rest Day	21 miles
12	4 miles	5 miles	Rest Day	XT	4 miles	16 miles	Rest Day	29 miles
13	4 miles	5 miles	Rest Day	XT	5 miles	8 miles	Rest Day	22 miles
14	4 miles	5 miles	Rest Day	XT	4 miles	18 miles	Rest Day	31 miles
15	4 miles	5 miles	Rest Day	XT	5 miles	8 miles	Rest Day	22 miles
16	4 miles	5 miles	Rest Day	XT	4 miles	20 miles	Rest Day	33 miles
17	4 miles	5 miles	Rest Day	XT	5 miles	10 miles	Rest Day	24 miles
18	4 miles	5 miles	Rest Day	XT	4 miles	20 miles	Rest Day	33 miles
19	4 miles	4 miles	Rest Day	XT	4 miles	8 miles	Rest Day	20 miles
20	4 miles	Rest Day	3 miles Carbo-Loading	Rest Day Carbo-Loading	Rest Day Carbo-Loading	26.2 miles!	Rest Day	33 miles

# Non Runners Marathon Guide For

**Runner's World Magazine Editors**



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web die genauesten berechnungen der hundejahre beziehen immer die gröÙe des hundes mit ein kleinere hunde leben normalerweise länger als große hunde obwohl sie sich in den ersten lebensjahren schneller entwickeln mit zwei jahren ist der mops in hundejahren 24 jahre alt jedes jahr danach altert er um fünf jahre das bedeutet dass er im

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web ein jahr im leben einer hundefamilie gebundene ausgabe das besondere hundebuch eberhard trumler 1985 isbn  
9783924008116 kynos ein jahr im leben ab

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web feb 7 2023 hundejahre sind ein maß für das alter eines hundes im verhältnis zum alter eines menschen es wird  
allgemein angenommen dass ein hund pro menschenjahr

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web jun 12 2023 hunde leben normalerweise zwischen 10 und 15 jahren aber es kommt immer auf die rasse an einige  
rassen leben kürzer und andere leben länger bei guter

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web kurs er ist von nun an der hund ihres lebens sie der mensch des seinen und das leben nimmt sogleich fahrt auf  
zusammen reisen sie über 3 000 kilometer weit die