

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

EW Minium



Non Runners Marathon Guide For:

The Enigmatic Realm of **Non Runners Marathon Guide For**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Non Runners Marathon Guide For** a literary masterpiece penned by a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those that partake in its reading experience.

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