

2024 Toolen's Running Start
18 Week Marathon Training Schedule (Beginner Level)

Week	Mon Date	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Sun Date
1	27-May	easy 3	2 x 400	easy 3	tempo 4	off 0	pace 4	long 8	2-Jun
2	3-Jun	easy/off 0 - 3	3 x 400	easy 3	tempo 5	off 0	pace 5	long 9	9-Jun
3	10-Jun	easy/off 0 - 3	2 x 800	easy 3	tempo 4	rest 0	pace 6	long 8	16-Jun
4	17-Jun	easy/off 0 - 3	2 x 800	easy 3	tempo 5	off 0	pace 5	long 10	23-Jun
5	24-Jun	easy/off 0 - 3	3 x 800	easy 3	tempo 6	rest 0	pace 6	long 11	30-Jun
6	1-Jul	easy/off 0 - 3	3 x 800	easy 3	tempo 5	easy 3	rest 0	race 10-15K	7-Jul
7	8-Jul	easy/off 0 - 3	4 x 800	easy 3	tempo 6	rest 0	pace 5	long 12	14-Jul
8	15-Jul	easy/off 0 - 4	4 x 800	easy 4	tempo 5	easy 3	pace 5	long 13	21-Jul
9	22-Jul	easy/off 0 - 4	5 x 800	easy 4	tempo 5	rest 0	easy 6	long 10	28-Jul
10	29-Jul	easy/off 0 - 4	5 x 800	easy 4	tempo 7	rest 0	pace 7	long 14	4-Aug
11	5-Aug	easy/off 0 - 4	6 x 800	easy 4	tempo 8	rest 0	pace 8	long 10	11-Aug
12	12-Aug	easy/off 0 - 5	6 x 800	easy 4	tempo 6	easy 5	rest 0	race 20-25K	18-Aug
13	19-Aug	easy/off 0 - 5	7 x 800	easy 4	tempo 8	rest 0	pace 10	long 18	25-Aug
14	26-Aug	easy/off 0 - 5	7 x 800	easy 5	tempo 6	easy 5	easy 6	long 12	1-Sep
15	2-Sep	easy/off 0 - 5	8 x 800	easy 5	tempo 9	rest 0	pace 9	long 20	8-Sep
16	9-Sep	easy/off 0 - 5	9 x 800	easy 5	tempo 8	rest 0	easy 4 - 5	race 12	15-Sep
17	16-Sep	easy/off 0 - 4	8 x 800	easy 4	tempo 8	easy 3	easy 5	long 8	22-Sep
18	23-Sep	easy/off 0 - 3	4 x 800	easy 0 - 3	rest 0	rest 1 - 3	Race	Celebrate!	29-Sep