RUNNING MADE EASY

MARATHON PROGRAM

### 24-WEEK TRAINING

Run180

WELCOME TO YOUR MARATHON PROGRAM

Use the following legend to navigate through your training.
Run at any level of the Run 180 App.

Ⓐ Accelerator

Ⓡ Rest Day

○ Session duration: 20/40/60 mins.

● High intensity week

● Low intensity week

○ Race Week

🏅 Race Day

Run180
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MARATHON PROGRAM
WEEKS 1 - 6

WEEK	M	T	W	T	F	S	S
1	20			20			20
2	20			Ⓐ			20
3	20			Ⓐ			40
4	20			20+Ⓐ			40
5	20			Ⓐ			Ⓡ
6	20			Ⓡ			5K
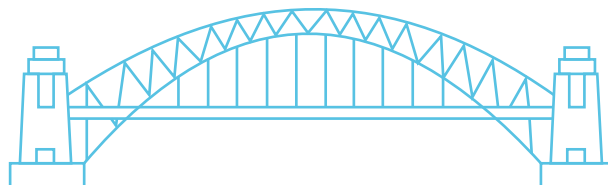
MARATHON PROGRAM
WEEKS 7 - 12

WEEK	M	T	W	T	F	S	S
7	20			Ⓐ			20
8	20			Ⓐ			40
9	20			20			40
10	20			40+Ⓐ			60
11	20			Ⓐ			20
12	20			Ⓡ			🔟K

MARATHON PROGRAM
WEEKS 13 - 18

WEEK	M	T	W	T	F	S	S
13	20			20+Ⓐ			60
14	40			20+Ⓐ			80
15	20			40			100
16	40			40+Ⓐ			120
17	20			20			40
18	20			Ⓡ			🏅21K
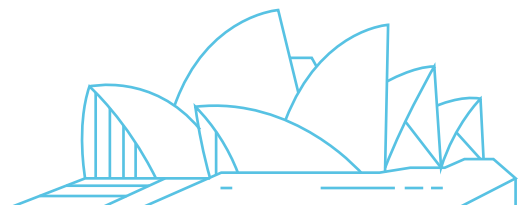
MARATHON PROGRAM
WEEKS 19 - 24

WEEK	M	T	W	T	F	S	S
19	20			40			80
20	40			40+Ⓐ			120
21	40			60			120
22	60			40+Ⓐ			180
23	20			40			40
24	20			Ⓡ			42K

WELL DONE
JUST AWESOME