



# Petal & Paper

YOUR FREE PRINTABLE

## 16-week marathon training schedule



Find more free wedding printables at  
[247printables.com](https://247printables.com)

*Page 2 is your clean, ready-to-print template — edit the text in any free PDF editor.*



M A R A T H O N   P L A N

# 16-week schedule

## Weeks 1–4 (base building)

Week 1: Mon rest · Tue 8km · Wed cross · Thu 8km · Sat 16km

Week 2: Tue 10km · Thu 10km · Sat 19km  
Total: ~45km

Week 3: Tue 10km · Thu 11km · Sat 22km  
Total: ~50km

Week 4: RECOVERY — reduce to 60% of week 3 volume

## Weeks 11–15 (consolidation + taper)

Week 11–12: Maintain 35km long run · reduce midweek

Week 13: Begin taper — long run 30km · reduce total

Week 14: Long run 22km · easy running only

Week 15: Long run 16km · race week prep begins

## Weeks 5–10 (strength phase)

Week 5: Long run 26km · 2× midweek 11km · 1× tempo 8km

Week 8: Long run 32km · midweek maintained

Week 10: Long run 35km (peak long run for intermediate plan)

Include 1× speed session per week from week 7

## Race week (Week 16)

Mon–Tue: 30 min easy · Wed: rest · Thu: 20 min easy

Fri: rest · Sat: 15 min shakeout jog · Sun:

RACE DAY 🏆

Bag packed by Friday: race bib, shoes, nutrition, kit

Trust the training: the work is done

— edit the names in any free PDF editor —