

# Sample Plan

## Marathon training Weeks 1 - 4

rest or easy 30', mobility & strength	coached speedwork	40' easy	Rest	30' easy	rest or easy 30', mobility & strength	60' easy	Build
rest or easy 30', mobility & strength	coached hill repeats	30' easy	Rest	30' rolling hills	rest or easy 30', mobility & strength	1h10 easy	Build
rest or easy 30', mobility & strength	coached speedwork	35' easy	Rest	35' easy	rest or easy 30', mobility & strength	1h20 easy	Build
rest or easy 30', mobility & strength	coached hill repeats	30' easy	Rest	30' rolling hills	rest or easy 30', mobility & strength	60' easy	Unload