



BEGINNER 26.2 TRAINING PROGRAM*

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Mileage
Week 1 5/16/2022	Rest	3 miles	5 miles or cross train	3 miles easy	Rest	30 minute cross train	5 miles	17
Week 2 5/23/2022	Rest	3 miles	5 miles race pace	3 miles easy	Rest	30 minute cross train	6 miles	18
Week 3 5/30/2022	Rest	3.5 miles	5 miles or cross train	3 miles easy	Rest	30 minute cross train	7 miles	19.5
Week 4 6/6/2022	Rest	3.5 miles	6 miles race pace	3 miles easy	Rest	35 minute cross train	8 miles	21.5
Week 5 6/13/2022	Rest	4 miles	6 miles or cross train	3 miles easy	Rest	35 minute cross train	10 miles	23
Week 6 6/20/2022	Rest	4 miles	6 miles race pace	4 miles easy	Rest	40 minute cross train	11 miles	25
Week 7 6/27/2022	Rest	4.5 miles	6 miles or cross train	4 miles easy	Rest	40 minute cross train	12 miles	26.5
Week 8 7/4/2022	Rest	4.5 miles	6 miles race pace	4 miles easy	Rest	45 minute cross train	13 miles	27.5
Week 9 7/11/2022	Rest	5 miles	7 miles or cross train	4 miles easy	Rest	45 minute cross train	14 miles	30
Week 10 7/18/2022	Rest	5 miles	7 miles race pace	4 miles easy	Rest	50 minute cross train	10 miles	26
Week 11 7/25/2022	Rest	5.5 miles	7 miles or cross train	5 miles easy	Rest	50 minute cross train	16 miles	33.5
Week 12 8/1/2022	Rest	5.5 miles	8 miles race pace	5 miles easy	Rest	55 minute cross train	17 miles	35.5
Week 13 8/8/2022	Rest	6 miles	8 miles or cross train	5 miles easy	Rest	55 minute cross train	18 miles	37
Week 14 8/15/2022	Rest	6 miles	9 miles race pace	5 miles easy	Rest	60 minute cross train	19 miles	39
Week 15 8/22/2022	Rest	7 miles	9 miles or cross train	5 miles easy	Rest	60 minute cross train	20 miles	41
Week 16 8/29/2022	Rest	5 miles	6 miles race pace	5 miles easy	Rest	60 minute cross train	12 miles	28
Week 17 9/5/2022	Rest	4 miles	5 miles or cross train	4 miles easy	Rest	60 minute cross train	8 miles	21
Week 18 9/12/2022	Rest	4 miles	2 miles	Rest or 3 easy miles	Rest	AFM 13.1 Race Day		

*Have previously ran 5k, 10k

**AIR FORCE
MARATHON**