

2012 AFM Jeff Galloway Novice Marathon Training

Week	Date	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	20-Feb	off	30 min run	off	30 min run	easy walk	3mile	off
2	27-Feb	off	30 min run	off	30 min run	easy walk	4mile	off
3	5-Mar	off	30 min run	off	30 min run	easy walk	5mile	off
4	12-Mar	off	30 min run	off	30 min run	easy walk	2.5mile/MM	off
5	19-Mar	off	30 min run	off	30 min run	easy walk	6mile	off
6	26-Mar	off	30 min run	off	30 min run	easy walk	3mile	off
7	2-Apr	off	30 min run	off	30 min run	easy walk	7.5mile	off
8	9-Apr	off	30 min run	off	30 min run	easy walk	3mile/MM	off
9	16-Apr	off	30 min run	off	30 min run	easy walk	9mile	off
10	23-Apr	off	30 min run	off	30 min run	easy walk	4mile	off
11	30-Apr	off	30 min run	off	30 min run	easy walk	10.5mile	off
12	7-May	off	30 min run	off	30 min run	easy walk	4mile/MM	off
13	14-May	off	30 min run	off	30 min run	easy walk	12mile	off
14	21-May	off	30 min run	off	30 min run	easy walk	4mile	off
15	28-May	off	30 min run	off	30 min run	easy walk	14mile	off
16	4-Jun	off	30 min run	off	30 min run	easy walk	5mile/MM	off
17	11-Jun	off	30 min run	off	30 min run	easy walk	17mile	off
18	18-Jun	off	30 min run	off	30 min run	easy walk	5mile	off
19	25-Jun	off	30 min run	off	30 min run	easy walk	6mile/MM	off
20	2-Jul	off	30 min run	off	30 min run	easy walk	20mile	off
21	9-Jul	off	30 min run	off	30 min run	easy walk	6mile	off
22	16-Jul	off	30 min run	off	30 min run	easy walk	6mile/MM	off
23	23-Jul	off	30 min run	off	30 min run	easy walk	23mile	off
24	30-Jul	off	30 min run	off	30 min run	easy walk	6mile	off
25	6-Aug	off	30 min run	off	30 min run	easy walk	7mile	off
26	13-Aug	off	30 min run	off	30 min run	easy walk	26mile	off
27	20-Aug	off	30 min run	off	30 min run	easy walk	7mile	off
28	27-Aug	off	30 min run	off	30 min run	easy walk	6mile	off
29	3-Sep	off	30 min run	off	30 min run	easy walk	7mile	off
30	10-Sep	off	30 min run	off	30 min run	off	AFM	off
31	17-Sep	off	30 min run	off	30 min run	easy walk	7mile	off
32	24-Sep	off	30 min run	off	30 min run	easy walk	6mile	off

For more details visit <http://www.jeffgalloway.com/training/marathon.html> ("To Finish" marathon schedule)

It is wise to consult your doctor before starting a new exercise program.

