

2012 MCM Novice Marathon- Jeff Galloway Training Plan

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

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.

