

You CAN Go the Distance!

Marathon Training Plan

www.YouCanGoTheDistance.com/Plan

This marathon training plan is part of the book, "You CAN Go the Distance!," written by Bruce Van Horn. For more details on how to use this plan, visit the website at the link above.

Please plug in the appropriate numbers for your Marathon Goal:

Marathon Goal: _____ (hh:mm:ss)

Yasso 800s time: _____ (mm:ss, based on Marathon Goal)

Race Pace (RP): _____ (mm:ss per mile, based on Marathon Goal)

Week #	Yasso 800s	Tempo Run	Long Run
18	2x	3 mi @ RP - 30	8 mi @ RP + 60
17	2x	5 mi @ RP - 30	10 mi @ RP + 60
16	3x	7 mi @ RP - 30	13 mi @ RP + 60
15	3x	7 mi @ RP - 30	15 mi @ RP + 60
14	4x	9 mi @ RP - 30	18 mi @ RP + 60
13	4x	5 mi @ RP - 40	18 mi @ RP + 45
12	5x	7 mi @ RP - 30	20 mi @ RP + 90
11	5x	7 mi @ RP - 40	15 mi @ RP + 60
10	6x	9 mi @ RP - 30	18 mi @ RP + 45
9	6x	7 mi @ RP - 30	20 mi @ RP + 90
8	7x	10 mi @ RP - 30	13 mi @ RP + 30
7	7x	10 mi @ RP - 30	15 mi @ RP + 30
6	8x	7 mi @ RP - 40	20 mi @ RP + 60
5	9x	8 mi @ RP - 30	15 mi @ RP + 15
4	10x	6 mi @ RP - 40	20 mi @ RP + 60
3	6x	6 mi @ RP - 30	13 mi @ RP
2	4x	6 mi @ RP - 15	8 mi @ RP
Race Week	REST	4 mi @ RP	Marathon Day!