TRAINING SCHEDULE FOR YOUR FIRST LONDON MARATHON

WK No/ DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 13/12/10							
Type of Work	Rest	Easy	Medium	Rest	Easy	X-train	Long
Distance or time	0 mi	3 mi	3 mi	0 mi	3 mi	1 hr	6 mi
2 20/12/10							
Type of Work	Rest	Easy	Medium	Rest	Easy	X-train	Long
Distance or time	0 mi	3 mi	3 mi	0 mi	3 mi	1 hr	7 mi
3 27/12/10							
Type of Work	Rest	Easy	Medium	Rest	Easy	X-train	Long
Distance or time	0 mi	3 mi	4 mi	0 mi	3 mi	1 hr	5 mi
4 03/01/11							
Type of Work	Rest	Easy	Medium	Rest	Easy	X-train	Long
Distance or time	0 mi	3 mi	4 mi	0 mi	3 mi	1 hr	9 mi
5 10/01/11							
Type of Work	Rest	Easy	Medium	Rest	Easy	X-train	Long
Distance or time	0 mi	3 mi	5 mi	0 mi	3 mi	1 hr	10 mi
6 17/01/11							
Type of Work	Rest	Easy	Medium	Rest	Easy	X-train	Long
Distance or time	0 mi	3 mi	5 mi	0 mi	3 mi	1 hr	9 mi
7 24/01/11							
Type of Work	Rest	Easy	Medium	Rest	Easy	X-train	Long
Distance or time	0 mi	3 mi	6 mi	0 mi	3 mi	1 hr	12 mi
8 31/01/11							
Type of Work	Rest	Easy	Medium	Rest	Easy	X-train	Long
Distance or time	0 mi	3 mi	6 mi	0 mi	4 mi	1 hr	13 mi
9 07/02/11							
Type of Work	Rest	Easy	Medium	Rest	Easy	X-train	Long
Distance or time	0 mi	3 mi	7 mi	0 mi	4 mi	1 hr	10 mi
10 14/02/11							
Type of Work	Rest	Easy	Medium	Rest	Easy	X-train	Long
Distance or time	0 mi	3 mi	7 mi	0 mi	4 mi	1 hr	15 mi

WK No/ DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11 21/02/11							
Type of Work	Rest	Easy	Medium	Rest	Easy	X-train	Long
Distance or time	0 mi	4 mi	8 mi	0 mi	4 mi	1 hr	16 mi
12 28/02/11							
Type of Work	Rest	Easy	Medium	Rest	Easy	X-train	Long
Distance or time	0 mi	4 mi	8 mi	0 mi	5 mi	1 hr	13 mi
13 07/03/11							
Type of Work	Rest	Easy	Medium	Rest	Easy	X-train	Long
Distance or time	0 mi	4 mi	9 mi	0 mi	5 mi	1 hr	18 mi
14 14/03/11							
Type of Work	Rest	Easy	Medium	Rest	Easy	X-train	Long
Distance or time	0 mi	5 mi	9 mi	0 mi	5 mi	1 hr	14 mi
15 21/03/11							
Type of Work	Rest	Easy	Medium	Rest	Easy	X-train	Long
Distance or time	0 mi	5 mi	10 mi	0 mi	5 mi	1 hr	20 mi
16 28/03/11							
Type of Work	Rest	Easy	Medium	Rest	Easy	X-train	Long
Distance or time	0 mi	5 mi	8 mi	0 mi	5 mi	45 min	13 mi
17 04/04/11							
Type of Work	Rest	Easy	Medium	Rest	Easy	X-train	Long
Distance or time	0 mi	4 mi	6 mi	0 mi	4 mi	30 min	8 mi
18 11/04/11							
Type of Work	Rest	Easy	Easy	Rest	Rest	Easy	Marathon
Distance or time	0 mi	3 mi	4 mi	0 mi	0 mi	1-3 mi	26.2 mi