

OhioHealth Training Plan

Beginner Quarter Marathon Training Schedule

	SUN	MON	TUES	WED	THUR	FRI	SAT
WEEK 1	●	2	●	2	2	●	2
WEEK 2	●	2	●	2.5	2	●	2
WEEK 3	●	2	●	2.5	2	●	3
WEEK 4	●	2.5	●	2.5	2	●	3
WEEK 5	●	2.5	●	2.5	2	●	4
WEEK 6	●	2.5	●	3	2	●	2
WEEK 7	●	3	●	3	2	●	4
WEEK 8	●	3	●	3.5	2	●	4
WEEK 9	●	2	●	2.5	2	●	3
WEEK 10	●	3	●	3.5	2	●	5
WEEK 11	●	2	●	3.5	2	●	3
WEEK 12	●	3	●	4	2	●	5
WEEK 13	●	3	●	4	2	●	6
WEEK 14	●	3	●	4	2	●	3
WEEK 15	●	3	●	4	2	●	6
WEEK 16	●	3	●	3	2	●	3
WEEK 17	●	●	2.5	●	●	2	6.55

● Day off/rest

● Active Recovery (20-30 minutes) Can be 20-30 minutes of anything aerobic (walking, swimming, cycling, elliptical, etc.). The active recovery workout should not add to your fatigue level. If it does, either slow down or take the day off.

● Easy Pace (miles) Means you should be able to talk in short full sentences while running if not, slow down.

● Very easy pace (miles)

● Race Day (miles)

All workouts begin with a 5 min walk for warmup and end with a 5 min walk for cool down.

This schedule is for runners, walkers, and run/walkers who are currently running or walking 1-2 continuous miles 3x per week as of the start of week 1. Preferably athletes who have been training 6-12 months or more. Check with your physician before starting this or any training plan or exercise regimen.

Learn more

OhioHealth has a variety of resources to help you train for any race level. Visit OhioHealth.com/sportsmed-runners



OhioHealth Training Plan

Intermediate Quarter Marathon Training Schedule

	SUN	MON	TUES	WED	THUR	FRI	SAT
WEEK 1	●	2	●	2.5	2	●	3
WEEK 2	●	2.5	●	2.5	2	●	3.5
WEEK 3	●	2.5	●	3	2	●	4
WEEK 4	●	3	●	3	2	●	4
WEEK 5	●	2	●	3	2	●	3
WEEK 6	●	3	●	3	2	●	4
WEEK 7	●	3	●	3	2	●	5
WEEK 8	●	2	●	3	2	●	3
WEEK 9	●	3	●	3.5	2	●	5
WEEK 10	●	3	●	4	2	●	5
WEEK 11	●	3	●	3	2	●	3
WEEK 12	●	3	●	4	2	●	6
WEEK 13	●	3.5	●	4	2	●	6
WEEK 14	●	3	●	3	2	●	3
WEEK 15	●	4	●	4	2	●	6
WEEK 16	●	3	●	3	2	●	3
WEEK 17	●	●	2	●	●	2	6.55

● Day off/rest

● Easy Running (miles) Means you should be able to talk in short full sentences while running if not, slow down.

● Active Recovery (20-30 minutes) Can be 20-30 minutes of anything aerobic (running, walking, swimming, cycling, elliptical, etc.). If running on active recovery day, make sure the pace is VERY relaxed. The active recovery workout should not add to your fatigue level, if it does, either slow down or take the day off.

● Quality Workout (miles) will start/finish with easy paced run and have a faster component in the middle. For specifics of each quality workout see OhioHealth.com.

● Race Day (miles)

This schedule is for runners, walkers, and run/walkers who have successfully trained for and completed a 10k race or longer without injury. Athletes should have been running/walking consistently for at least one year and are currently running or walking 2-3 continuous miles 3-4x per week as of the start of week 1. Check with a physician before starting this or any training plan or exercise regimen.

Learn more

OhioHealth has a variety of resources to help you train for any race level. Visit OhioHealth.com/sportsmed-runners