



OMEGA Sports Full Marathon 18 Week Training Program



Week	M	T	W	T	F	S	S
1	4 M Easy	6 x 400m	Cross Train	5 M Easy	Rest	6 M LR	Cross Train
2	4 M Easy	6 x 600m	Cross Train	5 M Easy	Rest	7 M LR	Cross Train
3	5 M Easy	6 x 800m	Cross Train	1 E, 2 T, 1 E	Rest	8 M LR	Cross Train
4	4 M Easy	Ladder	Cross Train	4 M Hills	Rest	10 M LR	Cross Train
5	5 M Easy	8 x 400m	Cross Train	5 M Easy	Rest	12 M LR	Cross Train
6	5 M Easy	8 x 600m	Cross Train	5 M Easy	Rest	14 M LR	Cross Train
7	6 M Easy	8 x 800m	Cross Train	5 M Easy	Rest	12 M LR	Cross Train
8	5 M Easy	Ladder	Cross Train	5 M Hills	Rest	14 M LR	Cross Train
9	6 M Easy	10 x 400m	Cross Train	2E, 2T, 2E	Rest	16 M LR	Cross Train
10	6 M Easy	2 x 1 M RP	Cross Train	2E, 2T, 2E	Rest	14 M LR	Cross Train
11	6 M Easy	3 x 1 M RP	Cross Train	2E, 2T, 2E	Rest	16 M LR	Cross Train
12	6 M Easy	Ladder	Cross Train	5 M Hills	Rest	18 M LR	Cross Train
13	6 M Easy	12 x 400m	Cross Train	2E, 2T, 2E	Rest	16 M LR	Cross Train
14	6 M Easy	2 x 1 M RP	Cross Train	2E, 2T, 2E	Rest	18 M LR	Cross Train
15	6 M Easy	3 x 1 M RP	Cross Train	5 M Easy	Rest	20 M LR	Cross Train
16	5 M Easy	Ladder	Cross Train	4 M Hills	Rest	15 M LR	Cross Train
17	5 M Easy	2 x 1 M RP	Cross Train	5 M Easy	Rest	10 M LR	Cross Train
18	4 M Easy	1 x 1 M RP	Rest	3 M Easy	Rest	Race Day!	Celebrate!
19	Recover	Recover	Recover	3 M Easy	Rest	4-8 M Easy	Recover

*All Tuesday Track Workouts should include a 1 mile slow warmup and 1 mile slow cooldown.

Easy/LR = Easy/Long Run Range
 T/RP = Tempo/Race Pace Range
 400's = 1 Lap on Track (.25/mile)
 600's = 1.5 Laps on Track (.375/mile)
 800's = 2 Laps on Track (.5/mile)
 1 M RP = 1 Mile Repeat (4 laps)

