

## Jeff Galloway Novice Marathon Training

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

For more details visit [www.jeffgalloway.com](http://www.jeffgalloway.com) ("To Finish" marathon schedule)

***It is wise to consult your doctor before starting a new exercise program.***