



FINISH STRONG



BEGINNER

Ready to become a marathoner? In this 16-week program, you'll slowly build your marathon base of fitness, strength and endurance. You'll progress through 3 training milestones, each one helping you towards your goal. Make sure to track your runs with [Nike+ Running](#) and download [Nike Training Club App](#) for access to great cross-training workouts.

WEEK	MON	TUES	WED	THU	FRI	SAT	SUN
WARM UP 20.2 miles 1	RUN 3 miles Start off your training today. Don't worry about your pace.	RUN 5 miles Fartleks help work on speed. 1 mile warm-up. 3 minutes at faster pace, 2 minutes at slower pace, for 3 miles. Finish with 1 mile cool down.	RUN 3 miles Easy run at comfortable pace.	CROSS-TRAIN Nike Training Club Cross-training builds strength and helps prevent injuries. Choose a 30-minute Nike Training Club workout today focused on core and leg strength.	RUN 3 miles Keep it comfortable today and prepare for tomorrow.	RUN 6.2 miles First long run - easy, slow pace.	DAY OFF Rest Recover today with good stretching and a brisk walk.
FUNDAMENTALS 23 miles 2	RUN 3 miles Maintain your fitness. 2 miles at a easy pace. Finish last mile at faster pace.	RUN 6 miles Challenge yourself. 1 mile warm-up. 4 miles at steady, challenging pace. Finish 1 mile cool down.	RUN 3 miles Take it easy today and get in the miles.	CROSS-TRAIN Nike Training Club Cross-train for core-strengthening. Try a Nike Training Club workout from the app or a live class.	RUN 3 miles Progression run. Increase your pace along the way. 2 miles at easy pace. Pick-up pace for last mile.	RUN 8 miles Progression run - increase your pace as you go. 2 miles at easy pace. 5 miles increasing pace as you go. 1 mile cool-down.	DAY OFF Rest Get some rest today and stretch.
GROUNDWORK 28 miles 3	RUN 4 miles Run comfortable pace for 3 miles, then pick up the pace in your last mile.	RUN 6 miles Progression Run. 2 miles easy pace, increase the pace for 3 miles and finish with 1 mile cool-down.	RUN 4 miles Go light today with an easy pace.	DAY OFF Rest Rest today with a light walk and stretching.	RUN 4 miles 3 miles at easy pace. Finish with last mile at faster pace.	RUN 10 miles First double digit run - put the miles in at easy comfortable pace.	DAY OFF Rest Take it easy. Go for a walk and stretch.
BUILD A BASE 30 miles 4	RUN 4 miles Don't let up. 3 miles at easy pace. Push the last mile at faster pace.	RUN 7 miles Fartlek workout. 1 mile warm-up. 3 minutes at faster pace, then 2 minutes at slower pace for 5 miles. 1 mile cool-down.	RUN 4 miles Keep pace comfortable today.	CROSS-TRAIN Choose Your Own Put in 45-60 minutes of cross-training today.	RUN 5 miles Easy, comfortable speed today for 4 miles. Push the last mile at faster pace.	RUN 10 miles Focus on the distance today. Easy pace.	DAY OFF Rest Rest up for the week ahead. Stretch and keep things light.



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WEEK	MON	TUES	WED	THU	FRI	SAT	SUN
BUILD STRENGTH	RUN	RUN	RUN	CROSS-TRAIN	RUN	RUN	DAY OFF
32 miles 5	4 miles Maintenance run. Easy pace for 3 miles, then pick up the pace on last mile.	7 miles Don't let up. 1 mile warm-up. 5 miles at steady, challenging pace. 1 mile cool down.	5 miles Easy, comfortable pace today.	Nike Training Club 45-minute Nike Training Club workout.	5 miles Get in the zone for tomorrow. 4 miles at comfortable pace, then pick-up the last mile.	11 miles Build up endurance. Keep the pace easy today.	Rest Recovery day. Rest up and take it easy.
BUILD ENDURANCE	RUN	RUN	RUN	DAY OFF	RUN	RUN	DAY OFF
34 miles 6	5 miles Kick off the week with 4 miles at easy pace and push the last mile at a faster pace.	7 miles Improve your endurance with a Fartlek run. 1 mile warm-up. 4 minutes at faster pace, then 1 minute at slower pace for 5 miles. Finish with 1 mile cool-down.	5 miles Conserve your energy with easy 5 mile pace.	Rest Day off. Rest up and get a good stretch in today.	5 miles Log another 5 miles. 4 miles at comfortable pace, finish last mile as faster pace.	12 miles Maintain your pace and keep pushing today.	Rest Take it easy and rest up. Go for a walk and stretch.
TEST YOUR LIMITS	RUN	RUN	RUN	CROSS-TRAIN	RUN	RUN	DAY OFF
32.25 miles 7	5 miles Get ready for your first interval tomorrow. 4 miles easy, then pick up the pace for last mile.	3.25 miles First interval run. 1 mile warm-up. Start your interval: 0.5 mile at faster pace, 0.25 mile at slower pace and 0.5 mile at faster pace. 1 mile cool-down.	5 miles Slow down and ease into your 5 miles today.	Nike Training Club Get some good cross-training today with a Nike Training Club workout.	5 miles Run 4 miles at comfortable pace. Finish up with 1 mile at faster pace.	14 miles Longest run yet. Keep the pace easy and comfortable.	Rest Stretch it out today and rest.
DRESS REHEARSAL	RUN	RUN	DAY OFF	RUN	DAY OFF	RUN	RUN
31.1 miles 8	4 miles 3 miles at easy pace. Accelerate for the last mile.	8 miles Practice half-marathon pace today. 1 mile warm-up. 6 miles at half-marathon pace. Cool down for 1 mile.	Rest Rest up with a 45-minute brisk walk and stretch.	4 miles Conserve your energy. 3 miles easy and pick-up last mile.	Rest Get ready for your half-marathon with a good stretch session.	2 miles Shake out run today. 1 mile warm-up. Stride for 0.5 mile and finish with 0.5 mile cool-down.	13.1 miles Tune-up run for the marathon. 10 miles at cautious, conservative pace. Finish last 3.1 miles at faster pace.



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WEEK	MON	TUES	WED	THU	FRI	SAT	SUN
RECOVER 24 miles 9	DAY OFF Rest Recover from your half-marathon today. Loosen up with some stretching.	DAY OFF Rest Continue to rest. Go for a brisk walk.	RUN 5 miles Get back into the swing of things with an easy 5 miles.	CROSS-TRAIN Nike Training Club Get in a 45-60 minute Nike Training Club workout today.	RUN 5 miles Run 4 miles easy and finish last mile at faster pace.	RUN 14 miles Take your time and conserve your energy. Easy 14 miles today.	DAY OFF Rest Stretch today and get in a brisk walk.
INCREASE INTENSITY 39 miles 10	RUN 5 miles Ease into the week with a maintenance run. 4 miles easy and pick-up the pace for 1 mile.	RUN 8 miles Marathon pace practice. 1 mile warm-up. 6 miles at marathon pace. 1 mile cool-down.	RUN 5 miles Focus on distance today with comfortable 5 miles.	CROSS-TRAIN Choose Your Own Keep things light today with some cross-training.	RUN 5 miles Loosen up for your long run tomorrow. 4 miles at comfortable pace and finish last mile at faster pace.	RUN 16 miles A big step towards your goal. Take your time and keep the pace comfortable.	DAY OFF Rest Stay loose and rest up after an intense week.
THROUGH THE WALL 36.25 miles 11	RUN 5 miles You know the drill. 4 miles at easy pace. Pick-up the pace for the last mile.	RUN 3.25 miles Interval run today. Push the pace for the faster intervals. 1 mile warm-up. 0.5 mile at faster pace, slow it down for 0.25 mile, then pick it up again for 0.5 mile. Cool down for 1 mile.	RUN 5 miles Keep the momentum going with easy run today.	CROSS-TRAIN Nike Training Club Switch things up with some cross-training. Try a new Nike Training Club workout.	RUN 5 miles Keep the week going with another 5 miles. 4 miles at easy pace and then pickup the pace for 1 mile.	RUN 18 miles A taste of the "wall" today. Keep the pace easy and comfortable.	DAY OFF Rest Take today off and rest up.
MAINTAIN FITNESS 43 miles 12	RUN 5 miles 5 mile maintenance run. 4 miles at easy pace, then push last mile at faster pace.	RUN 8 miles Warm-up for peak week. 1 mile at easy pace. Increase pace for next 6 miles and then finish last mile with light cool-down.	RUN 5 miles Looking strong. Keep pace comfortable today.	CROSS-TRAIN Nike Training Club Stay injury free. Choose a 45-minute Nike Training Club workout today.	RUN 5 miles Warm-up for tomorrow's long run. 4 miles at easy pace and pick it up for the last mile.	RUN 20 miles Push through the wall today. 20 miles at easy, comfortable pace.	DAY OFF Rest Stay hydrated and stretch out.



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WEEK	MON	TUES	WED	THU	FRI	SAT	SUN
PEAK WEEK	RUN	RUN	RUN	CROSS-TRAIN	RUN	RUN	DAY OFF
49 miles 13	5 miles Kick-off peak week with maintenance run. 4 miles easy and pick-up the last mile.	12 miles Practice marathon pace today. 1 mile warm-up. 10 miles at race pace and cool-down for 1 mile.	5 miles Keep it easy for 4 miles, then pickup the pace for last mile.	Nike Training Club Core-strength improves your overall fitness. Workout for 45-60 minutes today with Nike Training Club.	5 miles 4 miles easy then 1 mile at faster pace to prepare for tomorrow.	22 miles An epic 22 miles today. Keep the pace easy and comfortable.	Rest After yesterday's monster run, take it easy today. Make sure to stretch and stay hydrated.
TAPER WEEK	RUN	RUN	RUN	CROSS-TRAIN	RUN	RUN	DAY OFF
35 miles 14	4 miles Light maintenance run. 3 miles at a comfortable pace, then finish last mile at faster pace.	3.25 miles Last interval workout. Start with 1 mile warm-up. Then 0.5 mile at faster pace, slow it down for 0.25 mile and then pick it back up for 0.5 mile. Cool-down for 1 mile.	5 miles Conserve your energy and keep the pace comfortable.	Choose Your Own Keep things light with cross-training today for 30-45 minutes.	4 miles Get energized for tomorrow. 3 miles at easy pace, finish last mile at faster pace.	12 miles Final long run before race day.	Rest Take a brisk walk and rest up. Go for a walk and stretch.
TAPER WEEK	RUN	RUN	RUN	CROSS-TRAIN	RUN	RUN	DAY OFF
28.25 miles 15	4 miles Maintenance run. Start with 3 miles at easy pace. Push the last mile at a faster pace.	3.25 miles Last interval before race day. 1 mile warm-up. Run 0.5 mile at faster pace, then slow it down for 0.25 mile and pick the pace up for 0.5 mile. Finish with 1 mile cool-down.	5 miles Keep it light today. Easy 5 miles to conserve your energy.	Nike Training Club Cross-train to stay strong. Try a 45-60 minute Nike Training Club workout today.	4 miles Get ready for the last long run tomorrow. 3 miles at comfortable pace and finish last mile at a faster pace.	12 miles Final long run before race day! Knock down 12 miles at easy pace.	Rest Recover today. Take it easy and get in a good stretch.
RACE WEEK	RUN	RUN	RUN	RUN	DAY OFF	RUN	RUN
49.5 miles 16	4 miles Loosen up for race week. 3 miles easy and finish last mile at faster pace.	9 miles Race pace practice. 1 mile warm-up. 7 miles at race pace. Cool-down for 1 mile.	3 miles Take it slow.	5 miles Maintenance run. 4 miles at easy pace. 1 mile at faster pace to the finish.	Rest Rest up for race day. Get in a walk and stretch.	2 miles Keep your muscles loose. Warm-up for 1 mile. Stride for 0.5 mile and cool-down for last 0.5 mile.	26.2 miles Race day! Keep the first 20 miles conservative and then maintain speed for final 6.2 miles.