



TEAM CHALLENGE ALS TRAINING PLAN

FULL MARATHON FOR BEGINNIERS*

*This training plan assumes you've been running consistently and can run nonstop for at least 30 minutes.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest Day	3 Miles	3 Miles	4 Miles	Rest Day	6 Miles	Cross-Train
2	Rest Day	3 Miles	3 Miles	4 Miles	Rest Day	7 Miles	Cross-Train
3	Rest Day	3 Miles	4 Miles	3 Miles	Rest Day	5 Miles	Cross-Train
4	Rest Day	3 Miles	4 Miles	3 Miles	Rest Day	9 Miles	Cross-Train
5	Rest Day	3 Miles	5 Miles	3 Miles	Rest Day	10 Miles	Cross-Train
6	Rest Day	3 Miles	5 Miles	3 Miles	Rest Day	7 Miles	Cross-Train
7	Rest Day	3 Miles	6 Miles	3 Miles	Rest Day	12 Miles	Cross-Train
8	Rest Day	3 Miles	6 Miles	3 Miles	Rest Day	Rest Day	13 Miles
9	Rest Day	7 Miles	7 Miles	4 Miles	Rest Day	16 Miles	Cross-Train
10	Rest Day	5 Miles	8 Miles	5 Miles	Rest Day	16 Miles	Cross-Train
11	Rest Day	5 Miles	8 Miles	5 Miles	Rest Day	17 Miles	Cross-Train
12	Rest Day	5 Miles	8 Miles	5 Miles	Rest Day	18 Miles	Cross-Train
13	Rest Day	5 Miles	8 Miles	5 Miles	Rest Day	20 Miles	Cross-Train
14	Rest Day	5 Miles	8 Miles	5 Miles	Rest Day	9 Miles	Cross-Train
15	Rest Day	3 Miles	5 Miles	3 Miles	Rest Day	8 Miles	Cross-Train
16	Rest Day	3 Miles	3 Miles	Cross-Train	Rest Day	RACE DAY!	Rest Day