



TEAM CHALLENGE ALS TRAINING PLAN

FULL MARATHON

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