



**THE BOSTON  
MARATHON®**

*John Hancock*

## BOSTON MARATHON TRAINING PLAN – LEVEL ONE

### WEEK 1 3-WEEK PREP PHASE

MONDAY	Off Day
TUESDAY	5-6 mile Easy Run
WEDNESDAY	Cross Training or Strength Training
THURSDAY	6-7 mile Aerobic Run
FRIDAY	Cross Training or Strength Training
SATURDAY	5-6 mile Easy Run
SUNDAY	6-7 mile Aerobic Run

### WEEK 2 3-WEEK PREP PHASE

MONDAY	Off Day
TUESDAY	7 mile Aerobic Run
WEDNESDAY	Cross Training or Strength Training
THURSDAY	4-5 mile Easy Run
FRIDAY	Cross Training or Strength Training
SATURDAY	4-5 mile Easy Run
SUNDAY	9-10 mile Aerobic Long Run

### WEEK 3 3-WEEK PREP PHASE

MONDAY	Off Day
	2 mile Warm Up
TUESDAY	6 x (200m uphill at 10k Pace, 30 seconds rest, 200m downhill at MP) 90 seconds rest between sets 2 mile Warm Down
WEDNESDAY	Cross Training or Strength Training
THURSDAY	4-5 mile Easy Run
FRIDAY	Cross Training or Strength Training
SATURDAY	4-5 mile Easy Run
SUNDAY	9-10 mile Aerobic Long Run

### WEEK 4 6-WEEK HALF MARATHON PHASE

MONDAY	Off Day
	2 mile Warm Up
TUESDAY	4 x 1k at 10k pace with 2 minutes rest 2 mile Warm Down
WEDNESDAY	Cross Training or Strength Training
THURSDAY	3-4 miles Easy
FRIDAY	Cross Training or Strength Training
	2 mile Warm Up
SATURDAY	3 x 3 miles at MP with 2-3 minutes rest 1 mile Warm Down
SUNDAY	3-4 miles Easy

**WEEK 5 6-WEEK HALF MARATHON PHASE**

MONDAY	Off Day
TUESDAY	2 mile Warm Up, 6 x (300m uphill at 10k Pace, 30 seconds rest, 300m downhill at MP) 90 seconds rest between sets 2 mile Warm Down
WEDNESDAY	Cross Training or Strength Training
THURSDAY	3-5 miles Easy
FRIDAY	Cross Training or Strength Training
SATURDAY	1 mile easy 4 miles at HMP 1 mile easy
SUNDAY	11-12 mile Aerobic Long Run

**WEEK 6 6-WEEK HALF MARATHON PHASE**

MONDAY	Off Day
TUESDAY	2 mile Warm Up 5 x 1k at 10k pace with 2 minutes rest 2 mile Warm Down
WEDNESDAY	Cross Training or Strength Training
THURSDAY	Off Day
FRIDAY	1-2 mile easy 3-4 miles at HMP 1 mile easy
SATURDAY	Cross Training or Strength Training Marathon Simulation (on rolling hill course):
SUNDAY	5-6 miles easy 6-7 miles at MP 2 miles easy

**WEEK 7 6-WEEK HALF MARATHON PHASE**

MONDAY	Off Day
TUESDAY	2 mile Warm Up 6 x (300m uphill at 10k Pace, 45 seconds rest, 300m downhill at MP) 90 seconds rest between sets 2 mile Warm Down
WEDNESDAY	Cross Training or Strength Training
THURSDAY	4-6 mile Aerobic Run
FRIDAY	Cross Training or Strength Training
SATURDAY	2 mile Warm Up 3 x 3 miles at MP with 2-3 minutes rest 2 mile Warm Down
SUNDAY	4-6 mile Easy Run

**WEEK 8 6-WEEK HALF MARATHON PHASE**

MONDAY	Off Day
TUESDAY	2 mile Warm Up 4 x 1200 at 10k Pace with 2 minutes rest 2 mile Warm Down

WEDNESDAY	Cross Training or Strength Training
THURSDAY	4-6 mile Aerobic Run
	1 mile easy
FRIDAY	4 miles at HMP
	1 mile easy
SATURDAY	Cross Training or Strength Training
	60 minutes easy
SUNDAY	8 x (2 minutes at 10k Pace/ 2 minutes at MP)
	20 minutes easy

### **WEEK 9 6-WEEK HALF MARATHON PHASE**

MONDAY	Off Day
	2 mile Warm Up
TUESDAY	6 x (400m uphill at 10k Pace, 45 seconds rest, 400m downhill at MP)
	90 seconds rest between sets
	2 mile Warm Down
WEDNESDAY	Cross Training or Strength Training
	1.5 miles easy
THURSDAY	4 miles at HMP
	1.5 miles easy
FRIDAY	Cross Training or Strength Training
SATURDAY	4-5 mile easy run
SUNDAY	12-13 mile Aerobic Long Run

### **WEEK 10 9-WEEK MARATHON SPECIFIC PHASE**

MONDAY	Off Day
	2 mile Warm Up
TUESDAY	5 x 1200 at 10k pace with 3 minutes jog
	2 mile Warm Down
WEDNESDAY	Cross Training or Strength Training
THURSDAY	4-6 mile Aerobic Run
FRIDAY	Cross Training or Strength Training
SATURDAY	3 mile Warm Up
	3 x (2 miles at MP/ 2 miles easy)
SUNDAY	4-5 mile Easy Run

### **WEEK 11 9-WEEK MARATHON SPECIFIC PHASE**

MONDAY	Off Day
	2 mile Warm Up
TUESDAY	8 x (400m uphill at 10k Pace, 45 seconds rest, 400m downhill at MP)
	90 seconds rest between sets
	2 mile Warm Down
WEDNESDAY	Cross Training or Strength Training
THURSDAY	4-5 miles easy
	1.5 miles easy
FRIDAY	4 miles at HMP
	1.5 miles easy
SATURDAY	Cross Training or Strength Training
SUNDAY	Marathon Simulation (on rolling hill course):
	6-7 miles easy

6 miles at MP  
2 miles easy

**WEEK 12 9-WEEK MARATHON SPECIFIC PHASE**

MONDAY Off Day  
2 mile Warm Up

TUESDAY 4 x mile at 10k Pace with 3 minutes rest  
1-2 mile Warm Down

WEDNESDAY Cross Training or Strength Training

THURSDAY 4-5 mile Easy Run  
1 mile Warm Up  
3 miles at HMP

FRIDAY 3 minutes jog  
2 miles at HMP  
1 mile Warm Down

SATURDAY Cross Training or Strength Training  
60 minutes easy

SUNDAY 6 x (3 minutes at HMP/ 2 minutes at MP)  
10 minutes easy

**WEEK 13 9-WEEK MARATHON SPECIFIC PHASE**

MONDAY Off Day  
2 mile Warm Up,

TUESDAY 8 x (400m uphill at 10k Pace, 45 seconds rest, 400m downhill at MP)  
90 seconds rest between sets  
2 mile Warm Down

WEDNESDAY Cross Training or Strength Training

THURSDAY 5-7 mile Aerobic Run

FRIDAY Cross Training or Strength Training  
2 mile Warm Up

SATURDAY 10 miles at MP (start a little slower and finish faster)  
2 mile Warm Down

SUNDAY 5-6 mile Easy Run

**WEEK 14 9-WEEK MARATHON SPECIFIC PHASE**

MONDAY Off Day  
2 mile Warm Up

TUESDAY 4 x 1 mile at 10k pace with 3 minutes rest  
1-2 mile Warm Down

WEDNESDAY Cross Training or Strength Training

THURSDAY 3-5 mile Aerobic Run  
2 mile Warm Up

FRIDAY 3 mile tempo at HMP  
1 mile Warm Down

SATURDAY Cross Training or Strength Training  
Marathon Simulation (on rolling hill course):

SUNDAY 6-8 miles easy  
6-8 miles at MP  
1-2 miles easy

**WEEK 15** **9-WEEK MARATHON SPECIFIC PHASE**

MONDAY	Off Day
	2 mile Warm Up
	2 x (800m uphill at HMP, 60 seconds rest, 800m downhill at MP)
TUESDAY	2 minutes rest between sets
	4 x (400m uphill at 10k Pace, 45 seconds rest, 400m downhill at MP)
	90 seconds rest between sets
	2 mile Warm Down
WEDNESDAY	Cross Training or Strength Training
THURSDAY	5-7 mile Aerobic Run
FRIDAY	Cross Training or Strength Training
	2 mile Warm Up
SATURDAY	2 x 5 miles at MP with 5 minutes jog between reps
	2 mile Warm Down
SUNDAY	5-7 mile Easy Run

**WEEK 16** **9-WEEK MARATHON SPECIFIC PHASE**

MONDAY	Off Day
	2 mile Warm Up
TUESDAY	2 x (1 mile at HM, 800m at 5k) all with 2 minutes rest
	2 mile Warm Down
WEDNESDAY	Cross Training or Strength Training
THURSDAY	4-5 mile Easy Run
	1 mile Warm Up
FRIDAY	6 mile cut-down at MP (start a little slower & increase the pace every 2 miles)
	1 mile Warm Down
SATURDAY	Cross Training or Strength Training
SUNDAY	11-13 mile Easy Long Run

**WEEK 17** **9-WEEK MARATHON SPECIFIC PHASE**

MONDAY	Off Day
	2 mile Warm Up
TUESDAY	4 x (800m uphill at HMP, 60 seconds rest, 800m downhill at MP)
	2 minutes rest between sets
	2 mile Warm Down
WEDNESDAY	Cross Training or Strength Training
THURSDAY	5-7 mile Easy Run
	2 mile Warm Up
FRIDAY	4 mile tempo at HMP
	1 mile Warm Down
SATURDAY	Cross Training or Strength Training
	Marathon Simulation (on rolling hill course):
SUNDAY	7-8 miles easy
	7-8 miles at MP
	1-2 miles easy

**WEEK 18** **9-WEEK MARATHON SPECIFIC PHASE**

MONDAY	Off Day
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TUESDAY	2 mile Warm Up 2 x (1 mile at HM, 800m at 5k) all with 2 minutes rest 2 mile Warm Down
WEDNESDAY	Cross Training or Strength Training
THURSDAY	Off Day
FRIDAY	6-8 mile Aerobic Run
SATURDAY	Cross Training or Strength Training
SUNDAY	2 mile Warm Up 9-10 miles MP Tempo 2 mile Warm Down

**WEEK 19 2-WEEK TAPER PHASE**

MONDAY	Off Day
TUESDAY	2 mile Warm Up 5 x 1k at 10k pace with 2 minutes rest 2 mile Warm Down
WEDNESDAY	3-5 mile Easy Run
THURSDAY	Off Day
FRIDAY	2 mile Warm Up 2 x (2 miles at HM on/ 1 miles easy) 2 mile Warm Down
SATURDAY	Off Day
SUNDAY	5-7 mile Easy Run

**WEEK 20 2-WEEK TAPER PHASE**

MONDAY	Off Day
TUESDAY	2 mile Warm Up 2 x 800 at HMP with 90 seconds rest 2 x 800 at 10k Pace with 2 minutes rest 2 mile Warm Down
WEDNESDAY	2-4 mile Easy Run
THURSDAY	Off Day
FRIDAY	2 mile Warm Up 2 miles at MP 1 mile Warm Down
SATURDAY	Off Day
SUNDAY	2-3 mile Easy Run

**MONDAY RACE DAY**

*Hill Interval Sessions to be done on a 3-5% incline*

*MP = Marathon Pace*

*HMP = Half Marathon Pace*