

# Marathon Training Plan

**QUICK** AS  
**THIEVES**

**RunningSucks™**

Week Starting	Run 1	Run 2	Long Run	Recovery Run	Strength Work	Weekly Total
5th Feb	7	8	15	4	Core/Glutes/Legs	34
12th Feb	8	9	17	4	Core/Glutes/Legs	38
19th Feb	8	10	19	5	Core/Glutes/Legs	42
26th Feb	9	11	21	6	Core/Glutes/Legs	47
4th March	4	5	11	3	Core/Glutes/Legs	23
11th March	9	10	20	5	Core/Glutes/Legs	44
18th March	10	11	23	6	Core/Glutes/Legs	50
25th March	10	11	26	7	Core/Glutes/Legs	53
1st April	10	11	30	7	Core/Glutes/Legs	58
8th April	5	6	15	4	Core/Glutes/Legs	30
15th April	12	13	30	7	Core/Glutes/Legs	62
22nd April	12	14	34	7	Core/Glutes/Legs	67
29th April	10	8	15	4	Core/Glutes/Legs	37
6th May	8	5	QAT 11th May			