

Marathon Training Plan
Beginner and Intermediate

Week #	Mon.	Tues.	Wed.	Thur.	Fri.	Beginner Sat. mileage	Intermediate Sat. mileage	Sun
1		5 miles		4 miles		10.18 miles	15.35 miles	
2		6 miles		4 miles		12.21 miles	18.38 miles	
3		4 miles		6 miles		14.48 miles	12.21 miles	
4		6 miles		4 miles		12.21 miles	20.57 miles	
5		3-4 miles		6 miles		16.35 miles	9.41 miles	
6		5 miles		5 miles		18.38 miles	18.38 miles	
7		4 miles		6 miles		12.21 miles	10.18 miles	
8		5 miles		4 miles		20.57 miles	22.17 miles	
9		4 miles		6 miles		14.48 miles	14.48 miles	
10		5 miles		6 miles		10.18 miles	13.99 miles	
11		5 miles		4 miles		22.17 miles	20.57 miles	
12		2-4 miles		6 miles		12.21 miles	8.11 miles	
13		5 miles		6 miles		18.38 miles	18.38 miles	
14		5 miles		5 miles		15.35 miles	10.18 miles	
15		6 miles		3 miles			Race Day	

Notes

Mid week runs do not need to be on tuesday and thursday only. This mileage is suggested during mid week. Make sure to get the longer mileage during the weekend. Its encouraged to do some interval training however work individually with your running coach on how to incorporate that. Hill running is also encouraged. Intervals and hills would replace mid week runs, not be in addition to.

Please run only 3 days a week, maximum 4 days.

Assess recovery from long runs and if more recovery time is need please ask or self assess.

Never run through injuries, take time to heal.

15.35 mi Route

Starting at Crossfit Lacey

1. Left on Franz st
2. Right on Lacey BLVD
3. Cross to other side of College street
4. Left on college
5. Right on 14th Ave Se
6. Veers to left and turns into Elizabeth st. then 18th Ave SE
7. Go through Traffic circle (DO NOT TURN RIGHT ONTO FONES)
8. Stay on 18th
9. Left on Boulevard
10. @ 2nd Traffic Circle Right onto Log Cabin
11. Left onto North Street (Pass Olympia HS)
12. Left on Cleveland Ave SE (Artistry and flowers is on the right of the intersection; Safeway is a block from there for restrooms)
13. Cleveland turns into Yelm HWY (stay on helm highway for a while, pass Chevron on Right, restrooms and water)
14. Left on Wiggins (across form Spooner Berry Farms)
15. Right on Herman Rd.
16. Herman Turns into 37th
17. 37th Turns into Mullen
18. Left on Ruddle
19. Stay on Ruddle, do not turn towards gym yet,
20. Turn Right on Pacific (on Trail on back side of gym)
21. Right on Clearbrook onto dirt
22. Right onto Lace BLVd
23. Right on Franz
24. End at Crossfit Lacey

18.38 mi Route

1. From Crossfit Lacey Left on Franz
2. Left on Lacey BLVD (loop to Ruddel)
3. Left at Clearbrook Light onto grass
4. Left on Woodland Trail
5. Left on Ruddel (all the way to Yelm High way
6. Right Yelm Highway (there are gas stations and bathrooms at this intersection)
(stay on Yelm highway past Briggs YMCA, turns into Cleveland about 5 miles)
7. Right onto North Street Pass Henderson and Holiday Hills
8. Right onto Log Cabin
9. Left at traffic circle onto Boulevard SE
10. Right on 18th
11. Right on Hoffman, at first Traffic circle
12. Left on Wiggins
13. Left on Herman (37th. turns into Mullen)
Go Past college
14. Left on Ruddel
15. Right Lacey BLVD left on Franz

12.21 mi Route

1. Left Franz street starting at Lacey Blvd
2. Left on Lacey BLVD
3. Right on Carpenter
4. Go Past long Lake Park
5. Left on Mullen
6. Left on Marvin Rd.
7. Left on Steilacom (Regional Athletic complex is on your right) Small shoulder be careful here
8. Right on Pacific
9. go past carpenter intersection
10. stay on Pacific through traffic circle (YOUR ON THE TRAIL)
11. Past Franz
12. Left on College
13. Left on Lacey Blvd
14. Left of Franz st. End at Crossfit Lacey

20.57 mi Route

1. Left on Franz from Crossfit Lacey
2. Left on Lacey BLVD
3. Go through Traffic Circle (turns into Pacific Briefly
4. Left on Carpenter
5. Cross over the freeway
6. Right on Britton Parkway toward Cabellas (run past Cabellas)
7. Left on Marvin Rd. (going to on here for a while(3mi), until it T's)
** there is a gas station and a few shops incase you need to use the restroom/water
8. Turn around at 56th street and head back the way you came
9. Right on Britton pass Cabellas again
10. Right on Carpenter
11. Cross over freeway
12. Stay on carpenter through intersection with Pacific
13. Run past Long Lake Park (mile 17)
14. Right on Mullen (about Mile 18.5)
15. Pass Timberline High school
16. Right on Ruddle Rd. (mile 20)
17. Right on Lacey BLVD.
18. Left Franz St.
19. Finish Crossfit Lacey

9.41 mi Route

1. Left on Franz starting at Crossfit Lacey
2. Left onto Lacey Blvd
3. Stay straight through the Traffic circle
4. Right onto Carpenter Rd
5. Right onto Mullen Pass Timberline High School
6. Cross over Ruddel Rd.
7. Left on College St. Left on 45th st at traffic circle
8. Left on Ruddel
9. Right on Lacey Blvd
10. Left on Franz st. End at Crossfit Lacey

18.38 mi Route

1. From Crossfit Lacey Left on Franz
2. Left on Lacey BLVD (loop to Ruddel)
3. Left at Clearbrook Light onto grass
4. Left on Woodland Trail
5. Left on Ruddel (all the way to Yelm High way)
6. Right Yelm Highway (there are gas stations and bathrooms at this intersection)
(stay on Yelm highway past Briggs YMCA, turns into Cleveland about 5 miles)
7. Right onto North Street Pass Henderson and Holiday Hills
8. Right onto Log Cabin
9. Left at traffic circle onto Boulevard SE
10. Right on 18th
11. Right on Hoffman, at first Traffic circle
12. Left on Wiggins
13. Left on Herman (37th. turns into Mullen)
Go Past college
14. Left on Ruddel
15. Right Lacey BLVD left on Franz

10.18 mi Route

1. Right on Franz street Starting at crossfit Lacey
2. Left on Pacific (on trail)
3. Stay on Woodland trail
4. Left Fones Rd (trail crossing)
5. Right on 18th ave Traffic circle
6. Straight through traffic circle stay on 18th
7. Right on Boulevard (stay to right on shoulder then Side walk shows up after incline)
8. Left on Pacific
9. Vier to left to get onto 4th. ave. - If you stay on the left side walk (left of Ralph's , You will end up on 4th Heading down town, this is correct)
10. Down the hill
11. Left on East Side St. SE Cross free way
12. UP the hill (this is on the half marathon and marathon course for capital city)
13. East side st. Turns into 22nd Ave. SE
14. Left on Boulevard
15. Right on 18th Ave (we were ont his running a different direction before)
16. STraight through Both Trafic circles , 18th turns into 14th ave
17. pass Chambers lake trail Head on the right.
18. Left on Sleater Kinney
19. Right on woodland trail, (back the way we came)
20. Right on Franz st. End at crossfit lacey
21. or From The woodland trail , Stay to the right onto Lacey BLVD
22. Left on Franz end at the Gym ****You can stay on Lacey Blvd to the right or take the trail back to the gym either ones works they are about the same distance.

22.17 mi Route

1. left on Franz st. Starting at Parking Lot Crossfit Lacey
2. left Lacey BLVD
3. Left on clear brook run, across grass to woodland trail and take a left
4. run down trail
5. Left on College st
6. Left Lacey BLVD
- ** LOOP around gym before you head out toward Hawks Prairie
7. Stay on Lacey Blvd through Traffic circle
8. Left on Carpenter
9. Cross over the freeway
- 10 Right on Britton Parkway toward Cabellas (run past Cabellas)
11. Left on Marvin Rd. (going to on here for a while(3mi), until it T's)
- ** there is a gas station and a few shops incase you need to use the restroom/water
12. Turn around at 56th street and head back the way you came
13. Right on Britton pass Cabellas again
14. Right on Carpenter
15. Cross over freeway
16. Stay on carpenter through intersection with Pacific
17. Run past Long Lake Park (mile 17)
18. Right on Mullen (about Mile 18.5)
19. Pass Timberline High school
20. Right on Ruddle Rd. (mile 20)
21. Right on Lacey BLVd.
22. Left Franz St.
23. Finish Crossfit Lacey

14.48 mi Route

1. Left onto Franz st. from Crossfit Lacey
2. Right onto Lacey Blvd.
3. Left onto Ruddel
4. Right onto 45th ave (just past Mullen, and just before rainier vista)
5. Right on College
6. Left on 37th (or Mullen just by Brian Johnson's kick boxing gym)
7. Left on Wiggins
8. Right on Yelm Highway
9. Right on Henderson Blvd.
10. Right on North Street
11. Right on Log cabin
12. Left at the traffic circle onto Boulevard
13. Right onto Morse Merryman (2nd right after circle)
14. Right on Wiggins
15. Left on Herman rd.(37th/mullen)
16. Cross College (stay on mullen)
17. Left on Ruddel
18. Right on Lacey BLVD
19. Left of Franz finish at Crossfit Lacey

13.99 mi Route

1. Right onto Franz st. from Crossfit Lacey
2. Left onto Pacific (stay on trail)
3. Left onto Ruddel Rd. (until you hit Yelm HWY)
4. Right on Yelm highway
5. Pass by college, and Wiggins, Boulevard (chevron on left)
6. Right on Henderson BLd. (at about 7 miles)
7. Right on North Street
8. Right on Log cabin
9. Left on Boulevard at Traffic circle
10. Right on Morse Merryman (2nd right after circle)
11. Right on Wiggins
12. Left on Herman (turns into Mullen)
13. Pass timberline HS
14. Left on Ruddel
15. Right on Lacey Blvd.
16. Left Franz st. end at Crossfit Lacey

20.57 mi Route

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2. Left on Lacey BLVD
3. Go through Traffic Circle (turns into Pacific Briefly)
4. Left on Carpenter
5. Cross over the freeway
6. Right on Britton Parkway toward Cabellas (run past Cabellas)
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8. Turn around at 56th street and head back the way you came
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12. Stay on carpenter through intersection with Pacific
13. Run past Long Lake Park (mile 17)
14. Right on Mullen (about Mile 18.5)
15. Pass Timberline High school
16. Right on Ruddle Rd. (mile 20)
17. Right on Lacey BLVD.
18. Left Franz St.
19. Finish Crossfit Lacey

8.11 mi Route

1. Take a right on Franz starting at Crossfit Lacey
2. Right onto the trail (next to Pacific)
3. Right onto clear brook (on dirt, no need to cross street)
4. Right onto lacey Blvd coming back towards the gym
5. Left on Ruddel
6. Right on Mullen
7. Cross Over College
8. Stay on mullen/37th/herman
9. Right on Wiggins
10. Right on Hoffman
11. Right at traffic circle on to 18th
12. Stay on 18th through 2nd Traffic circle
13. go up the hill on elizabeth street which turns into 14th Ave Se (Chambers lake trail head Park will be on your right)
14. Left on college
15. Right on Lacey Blvd
16. GO past the gym,
17. Left on clear brook
18. Left onto trail heading back to the gym
19. Left onto Franz
20. End at Crossfit Lacey

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Go Past college
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15. Right Lacey BLVD left on Franz

10.18 mi Route

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