



2019 Suffolk County Marathon Novice Training Program



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Off	3 Miles	5 Miles	3 Miles	Off	Cross Train	7 Miles
2	Off	3 Miles	5 Miles at Goal Marathon Pace	3 Miles	Off	Cross Train	8 Miles
3	Cross Train or Off	3 miles	6 Miles	3 Miles	Off	Cross Train	9 Miles
4	Cross Train or Off	4 Miles	6 Miles at Goal Marathon Pace	4 Miles	Off	Cross Train	10 Miles
5	Cross Train or Off	4 Miles	7 Miles	4 Miles	Off	Cross Train	12 Miles
6	Off	4 Miles	7 Miles at Goal Marathon Pace	4 Miles	Off	Cross Train	8 Miles
7	Cross Train	5 Miles	7 Miles at Goal Marathon Pace	4 Miles	Off	Cross Train or Off	14 Miles
8	Off	5 Miles	8 Miles	5 Miles	Off	Cross Train	10 Miles
9	Cross Train	5 Miles	8 Miles	5 Miles	Off	Cross Train or Off	16 Miles
10	Off	6 Miles	8 Miles at Goal Marathon Pace	5 Miles	Off	Cross Train	12 Miles
11	Cross Train	6 Miles	8 Miles at Goal Marathon Pace	5 Miles	Off	Cross Train or Off	18 Miles
12	Off	6 Miles	9 Miles	6 Miles	Off	Cross Train	12 Miles
13	Cross Train	5 Miles	9 Miles	6 Miles	Off	Cross Train or Off	20 Miles
14	Off	5 Miles	8 Miles at Goal Marathon Pace	5 Miles	Off	Cross Train	12 Miles
15	Cross Train	4 Miles	7 Miles at Goal Marathon Pace	5 Miles	Off	Cross Train	8 Miles
16	Cross Train	4 Miles	6 Miles at Goal Marathon Pace	5 Miles	Off	Easy 30 Minute Run	Suffolk County Marathon
	Off	Off	20 Minute Run	Off	Off	20 Minute Run	Off

Program written by Mike Petrina, head coach of the Sayville-Smithtown Distance Training Program.

For more information-www.sayvillerunning.com/pages/training

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