

2023 Marathon Training Plan

The Norton Sports Health program combines cross-training, mileage and rest in a 15-week training plan designed to help you adapt to the physical demands of a marathon. Use this plan as a visual guide to keep track of your progress.

JANUARY

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Get ready					Kickoff day!	1 mi	SWG 6 mi
WEEK 1	XT or rest	3 mi	3 mi	5 mi	XT@NSP or 3 mi	1 mi	NSP 8 mi
WEEK 2	XT@NSP or rest	3 mi	B4S 6 p.m.	6 mi	XT@NSP or 3 mi	1 mi	NSP 10 mi
WEEK 3	XT@NSP or rest	4 mi	IRO 6 p.m.				

FEBRUARY

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 3				6 mi	XT@NSP or 4 mi	1 mi	SEN 11 mi
WEEK 4	XT@NSP or rest	3 mi	B4S 6 p.m.	4 mi	XT@NSP or 3 mi	1 mi	NSP 9 mi
WEEK 5	XT@NSP or rest	4 mi	NHSLC 6 p.m.	6 mi	XT@NSP or 4 mi	1 mi	SWG 13 mi
WEEK 6	XT@NSP or rest	4 mi	CHE 6 p.m.	6 mi	XT@NSP or 4 mi	1 mi	B4S 14 mi
WEEK 7	XT@NSP or rest	5 mi	NHSLC 6 p.m.				

MARCH

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 7				6 mi	XT@NSP or 5 mi	Rest	TCR 5K + 12 mi
WEEK 8	XT@NSP or rest	4 mi	IRO 6 p.m.	5 mi	XT@NSP or 4 mi	1 mi	SEN 12 mi
WEEK 9	XT@NSP or rest	5 mi	NHSLC 6 p.m.	6 mi	XT@NSP or 5 mi	Rest	TCR 10K + 11 mi
WEEK 10	XT@NSP or rest	5 mi	B4S 6 p.m.	7 mi	XT@NSP or 5 mi	1 mi	SWG 18 mi
WEEK 11	XT@NSP or rest	4 mi	CHE 6 p.m.	5 mi	XT@NSP or 4 mi	Rest	

APRIL

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 11							TCR 15K + 4 mi
WEEK 12	XT@NSP or rest	5 mi	IRO 6 p.m.	7 mi	XT@NSP or 5 mi	Rest	B4S 20 mi
WEEK 13	XT@NSP or rest	4 mi	CHE 6 p.m.	5 mi	XT@NSP or 4 mi	1 mi	SWG 12 mi
WEEK 14	PNC Tour de Lou	3 mi	NHSLC 6 p.m.	3 mi	3 mi	1 mi	NSP 8 mi
WEEK 15	Rest	2 mi	3 mi	3 mi	2 mi	Rest	Race!



@NSP = Exclusive membership for cross-training at Norton Sports Health Performance & Wellness Center
 9451 Westport Road, Louisville. You must reserve your class spot on the Norton Sports Performance MindBody mobile app.
 See page 18 of the 2023 Norton Sports Health Training Manual for details.

TCR = Triple Crown Race

XT = Cross-train (Refer to page 12 for examples.)

Tuesday night group run locations alternate:

B4S = Big Four Station, Jeffersonville, Indiana; meet at the pedestrian bridge ramp

CHE = Cherokee Park, Hogan's Fountain, Louisville

IRO = Iroquois Amphitheater, 1080 Amphitheater Road, Louisville

NHSLC = Norton Healthcare Sports & Learning Center, 3029 W. Muhammad Ali Blvd., Louisville

(Tuesdays at the parks will be hill repeats • NHSLC will be outdoor track work and yoga, depending on weather)

Saturday morning group run locations alternate:

B4S = Big Four Station, Jeffersonville, Indiana; meet under the pavilion

NSP = Norton Sports Health Performance & Wellness Center, 9451 Westport Road, Louisville

SEN = Seneca Park, 3101 Rock Creek Drive, Louisville

SWG = Swags Sport Shoes South, 7415 Third Street Road, Louisville

(Saturday morning group runs start at 8 a.m.)

