







# 2024 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.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY*
Kickoff week Jan. 7 to 13					Kickoff day!	1 mi	8 a.m. SWG 6 mi
WEEK 1 Jan. 14 to 20	Rest	3 mi	3 mi	6 p.m. NSP 5 mi	XT or 3 mi	1 mi	8 a.m. NSP 8 mi
WEEK 2 Jan. 21 to 27	Rest or XT	3 mi	Speed work/hills	6 p.m. NSP 6 mi	XT or 3 mi	1 mi	8 a.m. B4S 10 mi
WEEK 3 Jan. 28 to Feb. 3	Rest or XT	4 mi	Speed work/hills	6 p.m. NSP 6 mi	XT or 4 mi	1 mi	8 a.m. SEN 11 mi
WEEK 4 Feb. 4 to 10	Rest or XT	3 mi	Speed work/hills	6 p.m. NSP 4 mi	XT or 3 mi	1 mi	 4 miler + 4
WEEK 5 Feb. 11 to 17	Rest or XT	4 mi	Speed work/hills	6 p.m. NSP 6 mi	XT or 4 mi	1 mi	8 a.m. SWG 13 mi
WEEK 6 Feb. 18 to 24	Rest or XT	4 mi	Speed work/hills	6 p.m. NSP 6 mi	XT or 4 mi	1 mi	8 a.m. B4S 14 mi
WEEK 7 Feb. 25 to March 2	Rest or XT	5 mi	Speed work/hills	6 p.m. NSP 6 mi	XT or 5 mi	Rest	 5K + 12 mi
WEEK 8 March 3 to 9	Rest or XT	4 mi	Speed work/hills	6 p.m. NSP 5 mi	XT or 4 mi	1 mi	8 a.m. SEN 12 mi
WEEK 9 March 10 to 16	Rest or XT	5 mi	Speed work/hills	6 p.m. NSP 6 mi	XT or 5 mi	Rest	 10K + 11 mi
WEEK 10 March 17 to 23	Rest or XT	5 mi	Speed work/hills	6 p.m. NSP 7 mi	XT or 5 mi	1 mi	8 a.m. SWG 18 mi
WEEK 11 March 24 to 30	Rest or XT	4 mi	Speed work/hills	6 p.m. NSP 5 mi	XT or 4 mi	Rest	 15K + 4 mi
WEEK 12 March 31 to April 6	Rest or XT	5 mi	Speed work/hills	6 p.m. NSP 7 mi	XT or 5 mi	Rest	8 a.m. B4S 20 mi
WEEK 13 April 7 to 13	Rest or XT	4 mi	Speed work/hills	6 p.m. NSP 5 mi	XT or 4 mi	1 mi	8 a.m. SWG 12 mi
WEEK 14 April 14 to 20	Rest or XT	3 mi	Speed work/hills	6 p.m. NSP 3 mi	XT or 3 mi	1 mi	8 a.m. NSP 8 mi
WEEK 15 April 21 to 27	Rest	2 mi	3 mi	3 mi	2 mi	Rest	7 a.m. Race!



- XT = Cross-train; see page 13 of the digital training manual for details.
-  = Louisville Triple Crown of Running race (Separate registration required; no scheduled group run)  
See page 21 in the digital training manual for details.
-  = River City Races: Snowman Shuffle 4 miler (Separate registration required; no scheduled group run)  
See page 21 in the digital training manual for details.

Speed work/hills samples can be found on page 24 of the digital training manual.

Wednesday group runs will start from Norton Sports Health Performance & Wellness Center, 9451 Westport Road, Louisville, Kentucky.

- Routes will not be marked but sample routes will be provided.
- An optional post-run 30-minute guided stretching or open gym will be available. Center closes at 7:30 p.m.

\*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, Kentucky
- SEN = Seneca Park, 3101 Rock Creek Drive, Louisville, Kentucky
- SWG = Swags Sport Shoes South, 7415 Third Street Road, Louisville, Kentucky



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