

2025 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 FEBRUARY MARCH APRIL

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY*
GET READY Jan. 5 to 11					Kickoff day!	1 mile	8 a.m. SWG 6 mi
WEEK 1 Jan. 12 to 18	Rest	3 mi	3 mi	6 p.m. NSP 5 mi	XT or 3 mi	1 mile	8 a.m. BCK 8 mi
WEEK 2 Jan. 19 to 25	Rest or XT	3 mi	Hill work	6 p.m. NSP 6 mi	XT or 3 mi	1 mile	8 a.m. NSP 10 mi
WEEK 3 Jan. 26 to Feb. 1	Rest or XT	4 mi	Speed work	6 p.m. NSP 6 mi	XT or 4 mi	1 mile	8 a.m. SEN 11 mi
WEEK 4 Feb. 2 to 8	Rest or XT	3 mi	Hill work	6 p.m. NSP 4 mi	XT or 3 mi	1 mile	4 mi + 4 mi
WEEK 5 Feb. 9 to 15	Rest or XT	4 mi	Speed work	6 p.m. NSP 6 mi	XT or 4 mi	1 mile	8 a.m. SWG 13 mi
WEEK 6 Feb. 16 to 22	Rest or XT	4 mi	Hill work	6 p.m. NSP 6 mi	XT or 4 mi	1 mile	8 a.m. BCK 14 mi
WEEK 7 Feb. 23 to March 1	Rest or XT	5 mi	Speed work	6 p.m. NSP 6 mi	XT or 5 mi	Rest	5K + 12 mi
WEEK 8 March 2 to 8	Rest or XT	4 mi	Hill work	6 p.m. NSP 5 mi	XT or 4 mi	1 mile	8 a.m. SWG 11 mi
WEEK 9 March 9 to 15	Rest or XT	5 mi	Speed work	6 p.m. NSP 6 mi	XT or 5 mi	Rest	10K + 10 mi
WEEK 10 March 16 to 22	Rest or XT	5 mi	Hill work	6 p.m. NSP 7 mi	XT or 5 mi	1 mile	8 a.m. SEN 18 mi
WEEK 11 March 23 to 29	Rest or XT	4 mi	Speed work	6 p.m. NSP 5 mi	XT or 4 mi	Rest	10 mi + 3 mi
WEEK 12 March 30 to April 5	Rest or XT	5 mi	Hill work	6 p.m. NSP 7 mi	XT or 5 mi	Rest	8 a.m. B4S 20 mi
WEEK 13 April 6 to 12	Rest or XT	4 mi	Speed work	6 p.m. NSP 5 mi	XT or 4 mi	1 mile	8 a.m. SWG 12 mi
WEEK 14 April 13 to 19	Rest or XT	3 mi	Hill work	6 p.m. NSP 3 mi	XT or 3 mi	1 mile	8 a.m. NSP 8 mi
WEEK 15 April 20 to 26	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.

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

Wednesday group runs will take place from Norton Sports Health Performance & Wellness Center (NSP), Westport Plaza, Suite 129, 9451 Westport Road, Louisville, KY 40241

- Wednesday group runs start at 6 p.m. Routes will not be marked. Sample routes will be provided.
- An optional post-run, 30-minute guided stretching or cross-training session will be available.
Norton Sports Health Performance & Wellness Center closes at 8 p.m.

***Saturday morning group run locations alternate:**

BCK = Beckley Creek Park, PwC Pavilion, 1411 Beckley Creek Parkway, Louisville, KY 40245

B4S = Big Four Station Park, 223 Pearl St., Jeffersonville, IN 47130 (Meet under the pavilion.)

NSP = Norton Sports Health Performance & Wellness Center, Westport Plaza, Suite 129, 9451 Westport Road, Louisville, KY 40241

SEN = Seneca Park, 3101 Rock Creek Drive, Louisville, KY 40207

SWG = Swags Sport Shoes South, 7415 Third Street Road, Louisville, KY 40214



Scan the QR code for the digital training manual.



Scan the QR code for the Facebook group.



NORTON
SPORTS HEALTH