



# Walk Marathon Training Schedules

(distances in kilometers)

## Basic Beginning

Week	S	M	T	W	T	F	S	Total
1	15	0	0	9	0	9	0	33
2	18	0	0	9	0	9	0	36
3	21	0	0	9	0	9	0	39
4	21	0	0	11	0	11	0	43
5	24	0	0	11	0	11	0	46
6	24	0	0	11 (2T)	0	11	0	46
7	27	0	0	11 (3T)	0	11	0	49
8	30	0	0	12 (4T)	0	11	0	52
9	24	0	0	12 (4T)	0	12	0	48
10	30	0	0	12 (4T)	0	12	0	54
11	24	0	0	12 (4T)	0	12	0	48
12	15	0	0	6 (2T)	0	3	0	24
13	MARATHON							

## Intermediate

Week	S	M	T	W	T	F	S	Total
1	18	0	5	9	5	9	0	46
2	21	0	5	9	5	9	0	49
3	21	0	5	11	5	11	0	53
4	24	0	5	11	5	11	0	56
5	24	0	5	12	5	12	0	58
6	27	0	5	12	3	12	0	60
7	30	0	6	12 (2T)	6	12	0	63
8	30	0	6	12 (3T)	6	12	0	66
9	30	0	6	12 (4T)	6	12	0	66
10	24	0	6	12 (5T)	6	12	0	60
11	30	0	6	12 (6T)	6	12	0	66
12	15	0	3	6 (2T)	3	3	0	30
13	MARATHON							