

Active Mom: 18-Week Marathon Training Plan

Over 18 weeks, it guides you through a balanced mix of easy runs, long runs, and structured quality workouts to build endurance, strength, and confidence. All pace guidelines have been removed so you can adapt each run to your current fitness level. Email iamactivemom@gmail.com for Runner specified Strength Workouts!

July 2025

Week of June 30 - July 6

- **Tuesday, July 1:** Easy Run, 8mi
- **Wednesday, July 2:** Quality Session
 - 2mi warmup
 - Repetition: 4 x 200m with 200m (jog) recovery
 - Easy: 1mi
 - Repetition: 4 x 200m with 200m (jog) recovery
 - 2mi cooldown
- **Thursday, July 3:** Easy Run, 4mi
- **Saturday, July 5:** Easy Run, 5mi
- **Sunday, July 6:** Quality Session
 - 2mi warmup
 - Threshold: 4 x 1mi with 1.5min (jog) recovery
 - 6 x 20sec strides
 - 2mi cooldown

Week of July 7 - July 13

- **Tuesday, July 8:** Easy Run, 7mi
- **Wednesday, July 9:** Quality Session
 - 2mi warmup
 - Repetition: 4 x 200m with 200m (jog) recovery
 - Repetition: 4 x 400m with 400m (jog) recovery
 - Repetition: 4 x 200m with 200m (jog) recovery
 - 2mi cooldown
- **Thursday, July 10:** Easy Run, 4mi

- **Saturday, July 12:** Easy Run, 5mi
- **Sunday, July 13:** Easy: 13mi

Week of July 14 - July 20

- **Tuesday, July 15:** Easy Run, 7mi
- **Wednesday, July 16:** Quality Session
 - Easy: 1mi
 - Marathon: 8mi
 - 1 mile cooldown
- **Thursday, July 17:** Easy Run, 4mi
- **Saturday, July 19:** Easy Run, 5mi
- **Sunday, July 20:** Easy: 15mi

Week of July 21 - July 27

- **Tuesday, July 22:** Easy Run, 7mi
- **Wednesday, July 23:** Quality Session
 - 2mi warmup
 - Repetition: 6 x 400m with 400m (jog) recovery
 - 2mi cooldown
- **Thursday, July 24:** Easy Run, 5mi
- **Saturday, July 26:** Easy Run, 5mi
- **Sunday, July 27:** Quality Session
 - 2mi warmup
 - Threshold: 2 x 2mi with 2min (jog) recovery between
 - 6 x 20sec strides 30 secs rest between strides
 - 2mi cooldown

Week of July 28 - August 3

- **Tuesday, July 29:** Easy Run, 5mi
- **Wednesday, July 30:** Quality Session
 - 2mi warmup

- Repetition: 5 x 200m with 200m (jog) recovery
- Easy: 1mi
- Repetition: 5 x 200m with 200m (jog) recovery
- 2mi cooldown
- **Friday, August 1:** Easy Run, 4mi
- **Saturday, August 2:** Easy Run, 5mi
- **Sunday, August 3:** Easy: 15mi

August 2025

Week of August 4 - August 10

- **Tuesday, August 5:** Easy Run, 7mi
- **Wednesday, August 6:** Quality Session
 - 2mi warmup
 - Interval: 5 x 3min with 2min (jog) recovery
 - 2mi cooldown
- **Thursday, August 7:** Easy Run, 4mi
- **Saturday, August 9:** Easy Run, 5mi
- **Sunday, August 10:** 17mi

Week of August 11 - August 17

- **Tuesday, August 12:** Easy Run, 7mi
- **Wednesday, August 13:** Quality Session
 - 2mi warmup
 - Threshold: 4 x 1mi with 1.5min (jog) recovery
 - 6 x 20sec strides
 - 2mi cooldown
- **Thursday, August 14:** Easy Run, 4mi
- **Saturday, August 16:** Easy Run, 5mi
- **Sunday, August 17:** Quality Session
 - 2 mile warmup
 - Marathon: 10mi

- 2 mile cooldown

Week of August 18 - August 24

- **Tuesday, August 19:** Easy Run, 6mi
- **Wednesday, August 20:** Quality Session
 - Easy: 1mi
 - Marathon: 6mi
 - Threshold: 1mi
 - Easy: 1mi
- **Thursday, August 21:** Easy Run, 4mi
- **Saturday, August 23:** Easy Run, 4mi
- **Sunday, August 24:** Easy: 17mi

Week of August 25 - August 31

- **Tuesday, August 26:** Easy Run, 6mi
- **Wednesday, August 27:** Quality Session
 - 2mi warmup
 - Interval: 8 x 2min with 1min (jog) recovery
 - 2mi cooldown
- **Thursday, August 28:** Easy Run, 4mi
- **Saturday, August 30:** Easy Run, 5mi
- **Sunday, August 31:** Quality Session
 - 2mi warmup
 - Threshold: 3mi
 - 6 x 20sec strides 30 seconds between
 - 5mi cooldown

September 2025

Week of September 1 - September 7

- **Tuesday, September 2:** Easy Run, 7mi
- **Wednesday, September 3:** Quality Session
 - 2mi warmup
 - Interval: 6 x 3min with 2min (jog) recovery
 - 2mi cooldown
- **Thursday, September 4:** Easy Run, 4mi
- **Saturday, September 6:** Easy Run, 5mi
- **Sunday, September 7:** Quality Session
 - 1mi warmup
 - Marathon: 12mi
 - 1 mile cooldown

Week of September 8 - September 14

- **Tuesday, September 9:** Easy Run, 6mi
- **Wednesday, September 10:** Quality Session
 - 2mi warmup
 - Threshold: 5 x 1mi with 1min (jog) recovery
 - 2mi cooldown
- **Thursday, September 11:** Easy Run, 4mi
- **Saturday, September 13:** Easy Run, 4mi
- **Sunday, September 14:** Easy: 17mi

Week of September 15 - September 21

- **Tuesday, September 16:** Easy Run, 5mi
- **Wednesday, September 17:** Quality Session
 - Easy: 1mi
 - Marathon: 6mi
 - Easy: 2mi
 - Marathon: 2mi
 - Easy: 1mi
- **Saturday, September 20:** Easy Run, 3mi
- **Sunday, September 21:** Easy: 20mi

Week of September 22 - September 28

- **Tuesday, September 23:** Easy Run, 6mi
- **Wednesday, September 24:** Quality Session
 - 2mi warmup
 - Interval: 5 x 4min with 3min (jog) recovery
 - 2mi cooldown
- **Thursday, September 25:** Easy Run, 4mi
- **Saturday, September 27:** Easy Run, 3mi
- **Sunday, September 28:** Quality Session
 - 1mi warmup
 - Marathon: 14mi
 - 1 mile cool down

Week of September 29 - October 5

- **Tuesday, September 30:** Easy Run, 5mi
- **Wednesday, October 1:** Quality Session
 - 2mi warmup

- Threshold: 5 x 1mi with 1.5min (jog) recovery
- 1mi cooldown

- **Thursday, October 2:** Easy Run, 3mi
- **Saturday, October 4:** Easy Run, 3mi
- **Sunday, October 5:** Easy: 21mi

October 2025

Week of October 6 - October 12

- **Tuesday, October 7:** Easy Run, 6mi
- **Wednesday, October 8:** Quality Session
 - Easy: 12mi
 - 6 x 20sec strides during the last mile 20 second rest between
- **Thursday, October 9:** Easy Run, 4mi
- **Saturday, October 11:** Easy Run, 4mi
- **Sunday, October 12:** Quality Session
 - 2 mile warm up
 - Marathon: 12mi
 - 2 mile cooldown

Week of October 13 - October 19

- **Tuesday, October 14:** Easy Run, 8mi
- **Wednesday, October 15:** Quality Session
 - 2mi warmup
 - Interval: 8 x 2min with 1min (jog) recovery
 - 2mi cooldown
- **Thursday, October 16:** Easy Run, 4mi
- **Saturday, October 18:** Easy Run, 4mi
- **Sunday, October 19:** Easy: 12mi

Week of October 20 - October 26

- **Tuesday, October 21:** Easy Run, 7mi

- **Wednesday, October 22:** Quality Session
 - 2mi warmup
 - Threshold: 2 x 2mi with 2min (jog) recovery
 - 6 x 20sec strides
 - 2mi cooldown
- **Saturday, October 25:** Easy Run, 5mi
- **Sunday, October 26:** Quality Session
 - Easy 11 miles
 - Mile 11: 6 x 20sec strides 20 seconds jog between strides

Week of October 27 - November 2

- **Tuesday, October 28:** Easy Run, 4mi
- **Wednesday, October 29:** Quality Session
 - 2mi warmup
 - Threshold: 2 x 1mi with 2min (jog) recovery
 - 1mi cooldown
- **Saturday, November 1:** Easy Run, 2mi
- **Sunday, November 2:** RACE DAY