

Virtual Training Table 4

26 Week Program Prerequisites: (Have completed a half marathon within the past year and is currently active runs/walks 14 miles a week)

52 week Program Prerequisites: (Have completed 2 5K's in the past year and is currently active runs/walks 14 miles a week).

Your weekly program will be determined by your COACH		Modesto Moves Virtual Training Program: FULL MARATHON 26 Week - 52 Week Able to Run/Walk a FULL Marathon							
26 Week Program	52 week Program	Sun	Mon	Tues	Wed	Thu	Fri	Sat	Total Weekly Time
1	1	2 miles easy walk/run	2 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	2 miles fast pace walk/run	Rest	4 miles	14 miles
	2	2 miles easy walk/run	2 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	2 miles fast pace walk/run	Rest	5 miles	15 miles
2	3	2 miles easy walk/run	3 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	2 miles fast pace walk/run	Rest	6 miles	17 miles
	4	2 miles easy walk/run	3 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	2 miles fast pace walk/run	Rest	7 miles	18 miles
3	5	2 miles easy walk/run	3 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	3 miles fast pace walk/run	Rest	8 miles	20 miles
	6	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	3 miles fast pace walk/run	Rest	8 miles	22 miles
4	7	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	3 miles fast pace walk/run	Rest	9 miles	23 miles
	8	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	9 miles	24 miles
5	9	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	10 miles	25 miles
	10	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	9 miles	24 miles
6	11	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	11 miles	26 miles

Your weekly program will be determined by your COACH		Modesto Moves Virtual Training Program: FULL MARATHON 26 Week - 52 Week Able to Run/Walk a FULL Marathon							
	12	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	10 miles	25 miles
7	13	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	10 miles	25 miles
	14	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	9 miles	24 miles
8	15	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	11 miles	26 miles
	16	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	10 miles	25 miles
9	17	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	10 miles	25 miles
	18	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	11 miles	26 miles
10	19	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	12 miles	27 miles
	20	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	11 miles	26 miles
11	21	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	10 miles	25 miles
	22	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	11 miles	26 miles
12	23	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	13 miles	28 miles
	24	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	10 miles	25 miles
13	25	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	10 miles	25 miles

Your weekly program will be determined by your COACH	<h2 style="margin: 0;">Modesto Moves Virtual Training Program: FULL MARATHON</h2> <h3 style="margin: 0;">26 Week - 52 Week</h3> <h3 style="margin: 0;">Able to Run/Walk a FULL Marathon</h3>							
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26	26	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	12 miles	27 miles
14	27	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	14 miles	29 miles
28	28	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	12 miles	27 miles
15	29	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	10 miles	25 miles
30	30	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	12 miles	27 miles
16	31	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	15 Miles	30 miles
32	32	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	13 miles	28 miles
17	33	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	10 miles	25 miles
34	34	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	13 miles	28 miles
18	35	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	16 miles	31 miles
36	36	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	13 miles	28 miles
19	37	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	10 miles	25 miles
38	38	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	14 miles	29 miles
20	39	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	17 miles	32 miles
40	40	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	15 miles	30 miles

Your weekly program will be determined by your COACH		Modesto Moves Virtual Training Program: FULL MARATHON 26 Week - 52 Week Able to Run/Walk a FULL Marathon							
21	41	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	10 miles	25 miles
	42	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	16 miles	31 miles
22	43	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	18 miles	33 miles
	44	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	17 miles	32 miles
23	45	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	16 miles	31 miles
	46	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	15 miles	30 miles
24	47	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	14 miles	29 miles
	48	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	8 miles	23 miles
25	49	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	7 miles	22 miles
	50	3 miles walk/run	4 miles fast pace walk/run	4 miles medium speed	Core Workout - Cross Training / alternate day (on the floor / strength training)	4 miles fast pace walk/run	Rest	6 miles	21 miles
26	51	2 miles Slow	Rest	2 miles slow	Rest	Rest	Rest	Marathon Ready	4 miles
	52	2 miles slow	Rest	2 miles slow	Rest	Rest	Rest	Marathon Ready	4 miles