

DCR Marathon training program

Sess/week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
4 days	REST	DCR Skills	REST	Recovery run. DCR evening run	REST	Tempo run	DCR LR	
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	total
1	REST	DCR Skills 6km total	REST	5km	REST	5km	10km	26km
2	REST	DCR Skills 6km total	REST	5km	REST	5km	14km	30km
3	REST	DCR Skills 6km total	REST	5km	REST	6km	16km	33km
4	REST	DCR Skills 6km total	REST	5km	REST	8km	18km	37km
5	REST	DCR Skills 6km total	REST	5km	REST	5km	12km	28km
6	REST	DCR Skills 6km total	REST	5km	REST	10km	21km	42km
7 Step in point	REST	DCR Skills 8km total	REST	5km	REST	10km	24km	47km
8	REST	DCR Skills 8km total	REST	5km	REST	11km	26km	50km
9	REST	DCR Skills 8km total	REST	5km	REST	8km	18km	39km
10	REST	DCR Skills 8km total	REST	5km	REST	10km	28km	51km
11	REST	DCR Skills 8km total	REST	5km	REST	11km	30km	54km
12	REST	DCR Skills 8km total	REST	5km	REST	12km	32km	57km
13	REST	DCR Skills 8 km total	REST	5km	REST	10km	22km	45km



14	REST	DCR Skills 8km total	REST	5km	REST	12km or 13km	33km	59km
15	REST	DCR Skills 8km total	REST	5km	REST	13km or 14km	35km	62km
16	REST	DCR Skills 5km total	REST	5km	REST	14km or 15km	20km	45km
17	REST	DCR taper Go easy	REST	5km easy	REST	5km	10km	20km
18	REST	5km	REST	REST	5km	REST	Marathon	