

16 WEEK TRAINING PLAN

2022 Mash Direct Belfast City Marathon

Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
1-	Rest	3	4	Rest /	3	Park Run /	6	16
10 [™] Jan				Crosstrain		Crosstrain		
2-	Rest	4	4	Rest /	3	Park Run /	8	19
17 th Jan				Crosstrain		Crosstrain		
3-	Rest	4	4	Rest /	4	Park Run /	10	22
24 th Jan				Crosstrain		Crosstrain		
4-	Rest	4	5	Rest /	4	Park Run /	12	25
31 st Jan				Crosstrain		Crosstrain		
5-	Rest	5	5	Rest /	4	Park Run /	15	29
7 th Feb				Crosstrain		Crosstrain		
6-	Rest	5	5	Rest /	4	Park Run /	8	22
14 th Feb				Crosstrain		Crosstrain		
7-	Rest	5	5	Rest /	4	Park Run /	17	32
21 st Feb	_	_	_	Crosstrain	_	Crosstrain		
8-	Rest	4	5	Rest /	4	Park Run /	10	23
28 th Feb	_		_	Crosstrain	_	Crosstrain		
9-	Rest	5	6	Rest /	4	Park Run /	19	34
7 th March		_	_	Crosstrain	_	Crosstrain	4.0	
10- 14 th	Rest	4	5	Rest / Crosstrain	4	Park Run / Crosstrain	10	23
				Crosstrain		Ciossilalli		
March	Doot	Г	7	Rest /	4	Park Run /	20.21	27
11- 21 st	Rest	5	/	Crosstrain	4	Crosstrain	20-21	37
March				Crosstrain		Crosstrain		
12-	Rest	4	5	Rest /	4	Park Run /	10	23
28 th	Nest	4		Crosstrain	4	Crosstrain	10	23
March								
13-	Rest	5	7	Rest /	4	Park Run /	20-23	-38
4 th April				Crosstrain		Crosstrain		
14-	Rest	4	8	Rest /	4	Park Run /	12	28
11 th April				Crosstrain		Crosstrain		
15-	Rest	5	10	Rest /	4	Park Run /	6	25
18 th April				Crosstrain		Crosstrain		
16 th -	Rest	3	3-4	2-3	Rest	Rest	26.2	-36
25 th April								



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