



16 WEEK TRAINING PLAN
2022 Mash Direct Belfast City Marathon

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

