



## 4-Week Marathon Recovery Plan

DAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>WEEK 1</b>	Rest Day with light recovery work - warm shower followed by light stretching and foam rolling or a massage	Cross-train 20 minutes with a low impact activity at an easy effort followed by flexibility work.	Rest Day with light recovery work - warm shower followed by light stretching and foam rolling, a massage or restorative yoga class.	Cross-train 30-40 minutes at an easy effort followed by flexibility work.	Run: 30 minutes at an easy conversational effort level plus flexibility work.	Cross-train 40-45 minutes at an easy effort followed by flexibility work.	Rest Day (Easy walk is fine).
<b>WEEK 2</b>	Run: 40 minutes at an easy conversational effort level plus flexibility work.	Cross-train 30-40 minutes at a moderate effort followed by flexibility work.	Run: 40 minutes at an easy conversational effort level plus flexibility work.	Cross-train 30-40 minutes at a moderate effort followed by flexibility work.	Run: 30 minutes at an easy conversational effort level plus flexibility work.	Run: 60 minutes at an easy conversational effort level plus flexibility work.	Rest Day (Easy walk is fine).
<b>WEEK 3</b>	Run: 40 minutes at an easy conversational effort level plus flexibility work.	Cross-train 30-45 minutes at a moderate effort followed by flexibility work.	Run: 40-50 minutes at an easy conversational effort level plus flexibility work.	Cross-train 30-45 minutes at a moderate effort followed by flexibility work.	Run: 40 minutes at an easy conversational effort level plus flexibility work.	Run: 60-70 minutes at an easy conversational effort level plus flexibility work.	Rest Day (Easy walk is fine).
<b>WEEK 4</b>	Run: 45-50 minutes at an easy conversational effort level plus flexibility work.	Cross-train 30-45 minutes at a moderate effort followed by flexibility work.	Run: 45 minutes at a moderate effort with 4-6 30-second pick ups throughout plus flexibility work.	Cross-train 30-45 minutes at a moderate effort followed by flexibility work.	Run: 40 minutes at an easy conversational effort level plus flexibility work.	Run: 60-80 minutes at an easy conversational effort level plus flexibility work.	Rest Day (Easy walk is fine).