

# Kurtis Sports Management

Marathon First Timer Training Program

By Doug Kurtis

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat	TOTAL
1	5	3	Rest	3	3	Rest	4 walk	18
2	6	3	Rest	3	3	Rest	4 walk	19
3	7	3	Rest	3	4	Rest	2 walk	19
4	8	3	Rest	3	4	Rest	3 walk	21
5	8	3	Rest	3	5	Rest	4 walk	23
6	9	3	Rest	3	5	Rest	4 walk	24
7	10	3	Rest	3	6	Rest	3 walk	25
8	5-8km Race	3	Rest	3	6	Rest	3 walk	21
9	12	3	Rest	4	7	Rest	5 walk	31
10	12	4	Rest	4	7	Rest	3 walk	30
11	12	4	Rest	4	8	Rest	3 walk	31
12	8-10km Race	4	Rest	4	8	Rest	3 walk	25
13	13	5	Rest	4	8	Rest	4 walk	34
14	15	5	Rest	5	8	Rest	4 walk	37
15	18	5	Rest	5	9	Rest	4 walk	41
16	8-15km Race	5	Rest	5	9	Rest	3 walk	31
17	14	5	Rest	4	7	Rest	4 walk	34
18	20	4	Rest	4	6	Rest	3 walk	37
19	12	3	Rest	3	5	Rest	2 walk	25
20	4	2	Rest	2	2	Rest	Rest	10
21	26.2 Mile Race	Rest	2 walk	2 walk	3	Rest	3	36
22	Rest	2	2 walk	2	3	Rest	3	12

**Total 501**

Race Includes warm up and warm down