



Baylor Scott & White BCS Marathon Training Plan 2020

August 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Start hydrating more often!					1
2	3	4	5	6	7	8
9	10 REST	11 2 MILES	12 3 MILES	13 2 MILES	14 REST	15 6 MILES
16 CROSS TRAIN	17 REST	18 3 MILES	18 3 MILES	20 3 MILES	21 REST	22 7 MILES
23 CROSS TRAIN	24 REST	25 3 MILES	26 4 MILES	27 3 MILES	28 REST	29 5 MILES
30 CROSS TRAIN	31 REST					

If you have any training questions, email us at training@bcsmarathon.com



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September 2020							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
STAY STRONG! YOU'VE GOT THIS!							
4		1 3 MILES	2 4 MILES	3 3 MILES	4 REST	5 9 MILES	
5	6 CROSS TRAIN	7 REST Labor Day	8 3 MILES	9 5 MILES	10 3 MILES	11 REST	12 10 MILES
6	13 CROSS TRAIN	14 REST	15 3 MILES	16 5 MILES	17 3 MILES	18 REST	19 7 MILES
7	20 CROSS TRAIN	21 REST	22 3 MILES	23 6 MILES	24 3 MILES	25 REST	26 12 MILES
8	27 CROSS TRAIN	28 REST	29 3 MILES	30 6 MILES			

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October 2020							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8					1 3 MILES	2 REST	3 13 MILES
9	4 CROSS TRAIN	5 REST	6 3 MILES	7 7 MILES	8 4 MILES	9 REST	10 10 MILES
10	11 CROSS TRAIN	12 REST Columbus Day	13 3 MILES	14 7 MILES	15 4 MILES	16 REST	17 15 MILES
11	18 CROSS TRAIN	19 REST	20 4 MILES	21 8 MILES	22 4 MILES	23 REST	24 16 MILES
12	25 CROSS TRAIN	26 REST	27 4 MILES Halloween	28 8 MILES	29 5 MILES	30 REST	31 12 MILES HALLOWEEN

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November 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
KEEP PUSHING!						
13 1 CROSS TRAIN	2 REST	3 4 MILES	4 9 MILES	5 5 MILES	6 REST	7 18 MILES
14 8 CROSS TRAIN	9 REST	10 5 MILES	11 9 MILES VETERANS DAY	12 5 MILES	13 REST	14 14 MILES
15 15 CROSS TRAIN	16 REST	17 5 MILES	18 10 MILES	19 5 MILES	20 REST	21 20 MILES
16 22 CROSS TRAIN	23 REST	24 5 MILES	25 8 MILES	26 4 MILES THANKSGIVING	27 REST	28 12 MILES
17 29 CROSS TRAIN	30 REST					

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December 2020							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	WELCOME TO RACE MONTH!						
17		1 4 MILES	2 6 MILES	3 3 MILES	4 REST	5 8 MILES	
18	6 CROSS TRAIN	7 REST	8 3 MILES	9 4 MILES	10 2 MILES	11 REST	
		RACE WEEK!				12 REST OR VERY EASY 1 MILE	
	13 RACE DAY! 	14 7 MAJOR REST!!	CONGRATULATIONS!!!			18	19
20	21	22	23	24	25 MERRY CHRISTMAS	26	
27	28	29	30	31			

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