



Baylor Scott & White BCS Marathon Training Plan 2021

August 2021						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Start hydrating more often!						
1	2	3	4	5	6	7
8	9 REST	10 2 MILES	11 3 MILES	12 2 MILES	13 REST	14 6 MILES
15 CROSS TRAIN	16 REST	17 3 MILES	18 3 MILES	19 3 MILES	20 REST	21 7 MILES
22 CROSS TRAIN	23 REST	24 3 MILES	25 4 MILES	26 3 MILES	27 REST	28 5 MILES
29 CROSS TRAIN	30 REST	31 3 MILES				

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



Baylor Scott & White BCS Marathon Training Plan 2021

September 2021						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
STAY STRONG! YOU'VE GOT THIS!						
			1 4 MILES	2 3 MILES	3 REST	4 9 MILES
5 5 CROSS TRAIN	6 REST Labor Day	7 3 MILES	8 5 MILES	9 3 MILES	10 REST	11 10 MILES
6 12 CROSS TRAIN	13 REST	14 3 MILES	15 5 MILES	16 3 MILES	17 REST	18 7 MILES
7 19 CROSS TRAIN	20 REST	21 3 MILES	22 6 MILES	23 3 MILES	24 REST	25 12 MILES
8 26 CROSS TRAIN	27 REST	28 3 MILES	29 6 MILES	30 3 MILES		

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



Baylor Scott & White BCS Marathon Training Plan 2021

October 2021							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8						1 REST	2 13 MILES
9	3 CROSS TRAIN	4 REST	5 3 MILES	6 7 MILES	7 4 MILES	8 REST	9 10 MILES
10	10 CROSS TRAIN	11 REST Columbus Day	12 3 MILES	13 7 MILES	14 4 MILES	15 REST	16 15 MILES
11	17 CROSS TRAIN	18 REST	19 4 MILES	20 8 MILES	21 4 MILES	22 REST	23 16 MILES
12	24 CROSS TRAIN	25 REST	26 4 MILES Halloween	27 8 MILES	28 5 MILES	29 REST	30 12 MILES
13	31 CROSS TRAIN HALLOWEEN						

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



Baylor Scott & White BCS Marathon Training Plan 2021

November 2021							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		KEEP PUSHING!					
13	1 REST	2 4 MILES	3 9 MILES	4 5 MILES	5 REST	6 18 MILES	
14	7 CROSS TRAIN	9 REST	9 5 MILES	10 9 MILES VETERANS DAY	11 5 MILES	12 REST	13 14 MILES
15	14 CROSS TRAIN	15 REST	16 5 MILES	17 10 MILES	18 5 MILES	19 REST	20 20 MILES
16	21 CROSS TRAIN	22 REST	23 5 MILES	24 8 MILES	25 4 MILES THANKSGIVING	26 REST	27 12 MILES
17	28 CROSS TRAIN	29 REST	30 4 MILES				

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



Baylor Scott & White BCS Marathon Training Plan 2021

December 2021							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	WELCOME TO RACE MONTH!						
17			1 6 MILES	2 3 MILES	3 REST	4 8 MILES	
18	5 CROSS TRAIN	6 REST	7 3 MILES	8 4 MILES	9 2 MILES	10 REST	
		RACE WEEK!				11 REST OR VERY EASY 1 MILE	
	12 RACE DAY! 	13 7 MAJOR REST!!	CONGRATULATIONS!!!			17	18
19	20	21	22	23	24	25 MERRY CHRISTMAS!	
26	27	28	29	30	31		

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