



Baylor Scott & White BCS Marathon Training Plan 2022

August 2022						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Start hydrating more often!					
	1	2	3	4	5	6
1 7	8 REST	9 2 MILES	10 3 MILES	11 2 MILES	12 REST	13 6 MILES
2 14 CROSS TRAIN	15 REST	16 3 MILES	17 3 MILES	18 3 MILES	19 REST	20 7 MILES
3 21 CROSS TRAIN	22 REST	23 3 MILES	24 4 MILES	25 3 MILES	26 REST	27 5 MILES
4 28 CROSS TRAIN	29 REST	30 3 MILES	31 4 MILES			

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



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September 2022						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
STAY STRONG! YOU'VE GOT THIS!						
				1 3 MILES	2 REST	3 9 MILES
4						
4 CROSS TRAIN	5 REST Labor Day	6 3 MILES	7 5 MILES	8 3 MILES	9 REST	10 10 MILES
5						
11 CROSS TRAIN	12 REST	13 3 MILES	14 5 MILES	15 3 MILES	16 REST	17 7 MILES
6						
18 CROSS TRAIN	19 REST	20 3 MILES	21 6 MILES	22 3 MILES	23 REST	24 12 MILES
7						
25 CROSS TRAIN	26 REST	27 3 MILES	28 6 MILES	29 3 MILES	30 REST	
8						

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October 2022						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 13 MILES
8						
2 CROSS TRAIN	3 REST	4 3 MILES	5 7 MILES	6 4 MILES	7 REST	8 10 MILES
9						
9 CROSS TRAIN	10 REST Columbus Day	11 3 MILES	12 7 MILES	13 4 MILES	14 REST	15 15 MILES
10						
16 CROSS TRAIN BCS OKTOBERFEST Half Marathon & 10K	17 REST	18 4 MILES	19 8 MILES	20 4 MILES	21 REST	22 16 MILES
11						
23 CROSS TRAIN	24 REST	25 4 MILES Halloween	26 8 MILES	27 5 MILES	28 REST	29 12 MILES
12						
30 CROSS TRAIN	31 REST HALLOWEEN					
13						

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November 2022							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		KEEP PUSHING!					
13		1 4 MILES	2 9 MILES	3 5 MILES	4 REST	5 18 MILES	
14	6 CROSS TRAIN	9 REST	8 5 MILES	9 9 MILES VETERANS DAY	10 5 MILES	11 REST	12 14 MILES
15	13 CROSS TRAIN	14 REST	15 5 MILES	16 10 MILES	17 5 MILES	18 REST	19 20 MILES
16	20 CROSS TRAIN	21 REST	22 5 MILES	23 8 MILES	24 4 MILES THANKSGIVING BCS Turkey Trot 5K	25 REST	26 12 MILES
17	27 CROSS TRAIN	28 REST	29 4 MILES	30 6 MILES			

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December 2022

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		WELCOME TO RACE MONTH!						
17					1 3 MILES	2 REST	3 8 MILES	
18	4 CROSS TRAIN	5 REST	6 3 MILES	7 4 MILES	8 2 MILES	9 REST	10 REST OR VERY EASY 1 MILE	
	11 RACE DAY! 	12 MAJOR REST!!	13 CONGRATULATIONS!!!			14	15	16
	18	19	20	21	22	23	24	
	25 MERRY CHRISTMAS!	26	27	28	29	30	31	

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