



Baylor Scott & White BCS Marathon Training Plan 2023

| August 2023 | | | | | | |
|------------------------------------|-------------------|----------------------|----------------------|----------------------|-------------------|----------------------|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Start hydrating more often! | | | | | | |
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 REST | 8 2 MILES | 9 3 MILES | 10 2 MILES | 11 REST | 12 6 MILES |
| 13 CROSS TRAIN | 14 REST | 15 3 MILES | 16 3 MILES | 17 3 MILES | 18 REST | 19 7 MILES |
| 20 CROSS TRAIN | 21 REST | 22 3 MILES | 23 4 MILES | 24 3 MILES | 25 REST | 26 5 MILES |
| 27 CROSS TRAIN | 28 REST | 29 3 MILES | 30 4 MILES | 31 3 MILES | | |

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



Baylor Scott & White BCS Marathon Training Plan 2023

| September 2023 | | | | | | |
|-------------------------------|-------------------------------|----------------------|----------------------|----------------------|-------------------|-----------------------|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| STAY STRONG! YOU'VE GOT THIS! | | | | | | |
| | | | | | 1 REST | 3 9 MILES |
| 4 | | | | | | |
| 3 CROSS TRAIN | 4 REST Labor Day | 5 3 MILES | 6 5 MILES | 7 3 MILES | 8 REST | 9 10 MILES |
| 5 | | | | | | |
| 10 CROSS TRAIN | 11 REST | 12 3 MILES | 13 5 MILES | 14 3 MILES | 15 REST | 16 7 MILES |
| 6 | | | | | | |
| 17 CROSS TRAIN | 18 REST | 19 3 MILES | 20 6 MILES | 21 3 MILES | 22 REST | 23 12 MILES |
| 7 | | | | | | |
| 24 CROSS TRAIN | 25 REST | 26 3 MILES | 27 6 MILES | 28 3 MILES | 29 REST | 30 13 MILES |
| 8 | | | | | | |

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Baylor Scott & White BCS Marathon Training Plan 2023

| October 2023 | | | | | | |
|--|----------------------------------|----------------------------|----------------------|----------------------|-------------------|-----------------------|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| | | | | | | |
| 9 1 CROSS TRAIN | 2 REST | 3 3 MILES | 4 7 MILES | 5 4 MILES | 6 REST | 7 10 MILES |
| 10 8 CROSS TRAIN | 9 REST Columbus Day | 10 3 MILES | 11 7 MILES | 12 4 MILES | 13 REST | 14 15 MILES |
| 11 15 CROSS TRAIN BCS OKTOBERFEST Half Marathon & 10K | 16 REST | 17 4 MILES | 18 8 MILES | 19 4 MILES | 20 REST | 21 16 MILES |
| 12 22 CROSS TRAIN | 23 REST | 24 4 MILES | 25 8 MILES | 26 5 MILES | 27 REST | 28 12 MILES |
| 13 29 CROSS TRAIN | 30 REST | 31 4 MILES HALLOWEEN | | | | |

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Baylor Scott & White BCS Marathon Training Plan 2023

| November 2023 | | | | | | |
|--------------------------|-------------------|----------------------|-------------------------------------|---|-------------------|-----------------------|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| | | KEEP PUSHING! | | | | |
| | | | 1 9 MILES | 2 5 MILES | 3 REST | 4 18 MILES |
| 13 | | | | | | |
| 5 CROSS TRAIN | 6 REST | 7 5 MILES | 8 9 MILES VETERANS DAY | 9 5 MILES | 10 REST | 11 14 MILES |
| 14 | | | | | | |
| 12 CROSS TRAIN | 13 REST | 14 5 MILES | 15 10 MILES | 16 5 MILES | 17 REST | 18 20 MILES |
| 15 | | | | | | |
| 19 CROSS TRAIN | 20 REST | 21 5 MILES | 22 8 MILES | 23 4 MILES THANKSGIVING BCS Turkey Trot 5K | 24 REST | 25 12 MILES |
| 16 | | | | | | |
| 26 CROSS TRAIN | 27 REST | 28 4 MILES | 29 6 MILES | 30 3 MILES | | |
| 17 | | | | | | |

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Baylor Scott & White BCS Marathon Training Plan 2023

December 2023

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

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