



THIS IS THE TRAINING PLAN

**20 WEEK MARATHON TRAINING PLAN
FOR BEGINNING RUNNERS**

**DESERET
NEWS
MARATHON**

HALF / RELAY / 10K / 5K / 1K

**JULY 24, 2026
SALT LAKE CITY**

**SIGN UP AT
[RUN.DESERET.COM](https://run.deseret.com)**

PRESENTED BY: **SYMBOLARTS**

PHASE 1 – BASE TRAINING (8 WEEKS)

Week 1 (23 miles) March 9-15

Monday	3 miles	Easy Effort
Tuesday	4 miles or 40 minutes cross training	Easy Effort
Wednesday	4 miles	Easy Effort
Thursday	3 miles or 30 minutes cross training	Easy Effort
Friday	4 miles	Easy Effort
Saturday	5 miles	Easy Effort
Sunday	Rest or Cross Train	

Week 2 (26.2 miles) March 16-22

Monday	4 miles	Easy Effort
Tuesday	4 miles or 40 minutes cross training	Easy Effort
Wednesday	5 miles	Moderate Effort
Thursday	3 miles or 30 minutes cross training	Easy Effort
Friday	4 miles	Easy Effort
Saturday	6.2 miles	Easy Effort
Sunday	Rest or Cross Train	

Week 3 (29 miles) March 23-29

Monday	4 miles	Easy Effort
Tuesday	4 miles or 50 minutes cross training	Easy Effort
Wednesday	6 miles	Moderate Effort
Thursday	3 miles or 30 minutes cross training	Easy Effort
Friday	4 miles	Easy Effort
Saturday	8 miles	Easy Effort
Sunday	Rest or Cross Train	

Week 4 (33 miles) March 30-April 5

Monday	4 miles	Easy Effort
Tuesday	5 miles or 50 minutes cross training	Moderate Effort
Wednesday	6 miles	Easy Effort
Thursday	4 miles or 40 minutes cross training	Easy Effort
Friday	4 miles	Easy Effort
Saturday	10 miles with middle 4 at Goal Marathon Pace	Moderate Effort
Sunday	Rest or Cross Train	

PHASE 1 – BASE TRAINING (8 WEEKS)

Week 5 (36 miles) April 6-12

Monday	4 miles	Easy Effort
Tuesday	5 miles or 50 minutes cross training	Moderate Effort
Wednesday	7 miles	Easy Effort
Thursday	4 miles or 40 minutes cross training	Moderate Effort
Friday	5 miles	Easy Effort
Saturday	11 miles	Easy Effort
Sunday	Rest or Cross Train	

Week 6 (39 miles) April 13-19

Monday	5 miles plus 6 x :20 strides	Moderate Effort
Tuesday	5 miles or 50 minutes cross training	Easy Effort
Wednesday	7 miles	Easy Effort
Thursday	4 miles or 40 minutes cross training	Moderate Effort
Friday	6 miles	Easy Effort
Saturday	12 miles	Easy Effort
Sunday	Rest or Cross Train	

Week 7 (40 miles) April 20-26

Monday	4 miles plus 6 x :20 strides	Moderate Effort
Tuesday	6 miles or 60 minutes cross training	Easy Effort
Wednesday	8 miles	Easy Effort
Thursday	4 miles or 40 minutes cross training	Marathon Goal Pace
Friday	6 miles	Easy Effort
Saturday	12 miles with final 6 miles at Marathon Goal Pace	Moderate Effort
Sunday	Rest or Cross Train	

Week 8 (43 miles) April 27-May 3

Monday	5 miles plus 6 x :20 strides	Moderate Effort
Tuesday	6 miles or 60 minutes cross training	Easy Effort
Wednesday	8 miles	Easy Effort
Thursday	5 miles or 50 minutes cross training	Easy Effort
Friday	6 miles	Marathon Goal Pace
Saturday	13 miles (Half Marathon)	Easy Effort
Sunday	Rest or Cross Train	

PHASE 2 – AEROBIC THRESHOLD DEVELOPMENT (8 WEEKS)

Week 9 (40 miles) May 4-10

Monday	6 miles @ easy pace
Tuesday	Warm up; 3 x 1 mile @ ½ Marathon pace with 2:00 rest; Cool down
Wednesday	5 miles @ easy pace or 50 minutes cross training
Thursday	7 miles @ easy pace with 8 x :20 strides
Friday	5 miles @ easy pace
Saturday	12 miles with the middle 6 miles at Marathon Goal Pace
Sunday	Rest or Cross Train

Week 10 (44 miles) May 11-17

Monday	6 miles @ easy pace
Tuesday	Warm up; 2 x 2 miles @ ½ Marathon pace with 4:00 rest; Cool down
Wednesday	6 miles @ easy pace or 60 minutes cross training
Thursday	7 miles @ easy pace + 6 x :20 strides
Friday	5 miles @ easy pace
Saturday	14 miles progressive long run with final 8+ miles at Marathon Goal Pace <i>OR Half Marathon Race (Ogden Marathon)</i>
Sunday	Rest or Cross Train

Week 11 (46 miles) May 18-24

Monday	7 miles @ easy pace
Tuesday	Warm up; 4 x 1 mile @ ½ Marathon pace with 2:30 rest; Cool down
Wednesday	6 miles @ easy pace or 60 minutes cross training
Thursday	Warm up; 5 x 800m @ Marathon Goal time converted to minutes and seconds (for example, 4:00 marathon goal time would be 4:00 per 800m repeat) with 3:00 slow jog rest; Cool down
Friday	6 miles @ easy pace
Saturday	15 miles @ 30-40 seconds slower (per mile) than Marathon Goal Pace
Sunday	Rest or Cross Train

Week 12 (48 miles) May 25-31

Monday	7 miles @ easy pace
Tuesday	Warm up; 2 x 2 miles @ ½ marathon pace with 4:00 slow jog rest; Cool down
Wednesday	7 miles @ easy pace or 70 minutes cross training
Thursday	Warm up; 6 x 800m @ Marathon Goal time converted to minutes and seconds (for example, 4:00 marathon goal time would be 4:00 per 800m repeat) with 3:00 slow jog rest; Cool down
Friday	6 miles @ easy pace
Saturday	15 miles @ 30-40 seconds slower (per mile) than Marathon Goal Pace
Sunday	Rest or Cross Train

PHASE 2 – AEROBIC THRESHOLD DEVELOPMENT (8 WEEKS)

Week 13 (50 miles) June 1-7

Monday	8 miles @ easy pace
Tuesday	Warm up; 5 x 1 mile @ ½ Marathon pace with 2:30 rest; Cool down
Wednesday	6 miles @ easy pace or 60 minutes cross training
Thursday	8 miles plus 8 x :20 strides
Friday	5 miles @ easy pace
Saturday	16 miles with middle 8 miles at Marathon Goal Pace <i>Or Half Marathon Race (Utah Valley)</i>
Sunday	Rest or Cross Train

Week 14 (48 miles) June 8-14

Monday	6 miles @ easy pace
Tuesday	Warm up; 3 x 2 miles @ ½ marathon pace; cool down
Wednesday	6 miles @ easy pace or 60 minutes cross training
Thursday	Warm up; 6-8 x 800m @ Marathon Goal time converted to minutes and seconds (for example, 3:30 marathon goal time would be 3:30 per 800m repeat) with 3:00 slow jog rest; Cool down
Friday	6 miles @ easy pace
Saturday	14 miles @ 30-45 seconds slower (per mile) than Marathon Goal Pace
Sunday	Rest or Cross Train

Week 15 (50 miles) June 15-21

Monday	8 miles @ easy pace
Tuesday	Warm up; 5 x 1 mile @ ½ Marathon pace with 2:30 rest; Cool down
Wednesday	5 miles @ easy pace or 50 minutes cross training
Thursday	8 miles @ easy pace plus 8 x :20 strides
Friday	6 miles @ easy pace
Saturday	16 miles @ 30-45 seconds slower (per mile) than Marathon Goal Pace
Sunday	Rest or Cross Train

Week 16 (54 miles) June 22-28

Monday	8 miles @ easy pace
Tuesday	Warm up; 8 x 800m @ Marathon Goal time converted to minutes and seconds (for example, 3:30 marathon goal time would be 3:30 per 800m repeat) with 3:00 slow jog rest; Cool down
Wednesday	6 miles @ easy pace or 60 minutes cross training
Thursday	8 miles @ easy pace plus 8 x :20 strides
Friday	6 miles @ easy pace
Saturday	18 miles @ 30-45 seconds slower (per mile) than Marathon Goal Pace
Sunday	Rest or Cross Train

PHASE 3 – PEAK TRAINING (4 WEEKS)

Week 17 (52 miles) June 29-July 5

Monday	8 miles @ easy pace
Tuesday	Warm up; 6 x 1 mile at ½ Marathon Pace with 2:00 rest; Cool Down
Wednesday	7 miles @ easy pace
Thursday	Warm Up; 8 x 400m at 10k pace with :90 rest; Longer Cool Down
Friday	6 miles @ easy pace
<u>Saturday</u>	<u>4th of July 10k with 3 miles warm up and 5 miles cool down</u> OR - 15 miles with middle 7 miles at Marathon Goal Pace
Sunday	Rest or Cross Train

Week 18 (47 miles) July 6-12

Monday	8 miles @ easy pace
Tuesday	Warm up; 3 x 2 miles at ½ Marathon Pace with 3:00 rest; Cool down
Wednesday	6 miles or 60 minutes cross training
Thursday	7 miles @ easy pace plus 6-8 strides
Friday	5 miles @ easy pace
Saturday	12 miles with middle 6 miles at Marathon Goal Pace
Sunday	Rest or Cross Train

Week 19 (41 miles) July 13-19

Monday	7 miles @ easy pace
Tuesday	Warm up; 6 x 800m @ 10k pace with 2:00 rest; Cool down
Wednesday	6 miles @ easy pace or 60 minutes cross training
Thursday	Warm up; 8 x :60 fast, :60 slow; Cool down
Friday	5 miles @ easy pace
Saturday	10-12 miles easy
Sunday	Rest or Cross Train

Week 20 (Race Week) July 20-24

Monday	6 miles easy pace
Tuesday	Warm up; 2-3 miles at marathon pace then 4 x :30 fast, :90 easy; Cool Down
Wednesday	30 minutes easy
Thursday	20 minutes easy
<u>Friday 7/24</u>	<u>26.2 miles at Marathon Goal Pace – Marathon PR!!!!</u>
Saturday	Celebrate and Rest with Satisfaction

TIPS AND FAQ

What if I miss a week or two of training?

If you have an injury or other commitments that keep you from staying on the training schedule for a short time, don't jump right back into the training. Start back with an easy transition week or two weeks and then resume where you would have been with the training. If you can still cross train, but you are unable to run, I recommend 10-12 minutes of cross training (elliptical, bike, rowing, etc) for each running mile.

What is easy pace?

In order to calculate your easy pace, add :45 to :90 seconds per mile to your marathon pace. If your goal marathon pace is 7:30 per mile, run your easy runs at 8:15 to 9:00 per mile pace.

What is Half Marathon Pace?

To determine your half-marathon pace, take your goal marathon pace, and minus 20-30 seconds per mile. If your goal marathon pace is 7:30 per mile, you should train for half-marathon pace at 7:00-7:10 pace per mile.

Strides

Strides are to work on running form and explosiveness or power in your push-off. Run with good posture and a slight forward lean. Keep your arms controlled and relaxed. Bring your knees a little higher than normal running form, and make contact with the ground underneath your center of gravity. Keep your head level and your face relaxed. Strides should be done fast—at 85-90 percent of full speed with good recovery in between each stride (at least 60 seconds).

Fueling during long runs

Practice your fueling during long runs (12+ miles). We will have GU, Gatorade, and water at the aid stations in the marathon and the half marathon. You will feel better in the late miles and recover faster after your long runs if you hydrate and fuel properly.

Downhill running

When training for the Deseret News Marathon, Half-Marathon, and 10k, it is a great idea to spend some time running downhill – both during your distance runs and tempo workouts. I would recommend 1-2 runs each week with some downhill training. Some great places along the Wasatch Front to get some extended downhill running include City Creek Canyon, Immigration Canyon, Millcreek Canyon, and the Cottonwood Canyons.

Core Work/Strength Exercises

We recommend spending time with both core and strength work. Core work can be done 2-4 times per week with 10-20 minutes per session. Focus on strengthening your abs, hip flexors, and glutes. Strength work is recommended 2-3 times per week either in a weight room or body weight exercises at home. Keep an eye on our Instagram and Facebook pages for some core and strength ideas.