# Training program for Full Marathon from 10km base

| Week | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|---|
| 1 | Rest | Rest | 6km | Rest | 6km/hill x 2 | Rest | 11km |
| 2 | Rest | Rest | 7km | Rest | 6km/90 sec spr. x2 | Rest | 12km |
| 3 | Rest | Rest | 8km | Rest | 6km/6min. tempo | Rest | 14km |
| 4 | Rest | Rest | 9km | Rest | 6km/hill x 2 | Rest | 16km |
| 5 | Rest | Rest | 10km | Rest | 6km/90 sec spr. x2 | Rest | 12km |
| 6 | Rest | Rest | 10km | Rest | 7km/ hill x 3 | Rest | 18km |
| 7 | Rest | Rest | 10km | Rest | 7km/7 min. tempo | Rest | 20km |
| 8 | Rest | Rest | 10km | Rest | 7km/90 sec spr. x2 | Rest | 12km |
| 9 | Rest | Rest | 10km | Rest | 7km/hill x 3 | Rest | 22km |
| 10 | Rest | Rest | 10km | Rest | 8km/8 min. tempo | Rest | 24km |
| 11 | Rest | Rest | 10km | Rest | 8km/90 sec spr x 3 | Rest | 20km |
| 12 | Rest | Rest | 10km | Rest | 8km/hill x 4 | Rest | 26km |
| 13 | Rest | Rest | 10km | Rest | 9km/9 min. tempo | Rest | 28km |
| 14 | Rest | Rest | 10km | Rest | 9km | Rest | 20km |
| 15 | Rest | Rest | 10km | Rest | 9km | Rest | 30km |
| 16 | Rest | Rest | 10km | Rest | 9km | Rest | 32km |
| 17 | Rest | Rest | 10km | Rest | 9km | Rest | 20km |
| 18 | Rest | Rest | 10km | Rest | 9km | Rest | 34km |
| 19 | Rest | Rest | 10km | Rest | 10km | Rest | 37km |
| 20 | Rest | Rest | 10km | Rest | 10km | Rest | 20km |
| 21 | Rest | Rest | 10km | Rest | 10km | Rest | 40km |
| 22 | Rest | Rest | 10km | Rest | 10km | Rest | 20km |
| 23 | Rest | Rest | 10km | Rest | 10km | Rest | 42km |
| 24 | Rest | Rest | 10km | Rest | 10km | Rest | 20km |
| 25 | Rest | Rest | 10km | Rest | 10km | Rest | 10km |
| 26 | Rest | Rest | 5km easy | Rest | Rest | Rest | Rest |
| Race Week | **42.2km RACE** | Rest | Rest | Rest | Rest | Rest | Rest |