

Legend



What is RPE?

RPE stands for “Rate of Perceived Exertion”; this is used to gauge intensity during cardiovascular workouts. RPE 1 or RPE 2 would be a light walk with minimal effort, while RPE 9 or RPE 10 would be a full-blown sprint.

Starter 1.5K and Starter 3K

Jogging Periods

Jog at a speed of approximately 5 RPE.

Walking Periods

Walk at a speed of approximately 3 RPE.

Race!

Jog at a speed of approximately 6 RPE.

Walk+Jog 5K and Walk+Jog 10K

Jogging Periods

Jog at a speed of approximately 6 RPE.

Walking Periods

Walk at a speed of approximately 4 RPE.

Race!

Aim for 7 RPE, but pace yourself early to conserve energy for the end of the race.

Beginner, Intermediate, and Advanced Training Plans

Recovery Days

Jog at a speed of approximately 4/5 RPE.

Pace Days

Jog at a speed of approximately 5/6 RPE.

Distance Days

Jog at a speed of approximately 5 RPE.

Race!

Aim for 7 RPE, but pace yourself early to conserve energy for the end of the race.

Always consult with your physician before starting any new exercise program!

Beginner Marathon

12 Weeks – 4 Days/Week



| | Recovery | Pace | Distance | Recovery |
|---------|----------|--------|----------|--------------|
| Week 1 | 4 mi | 40 min | 5 mi | 7 mi |
| Week 2 | 3 mi | 35 min | 4 mi | 9 mi |
| Week 3 | 3 mi | 40 min | 4 mi | 11 mi |
| Week 4 | 3 mi | 35 min | 4 mi | 6 mi |
| Week 5 | 3 mi | 40 min | 4 mi | 13 mi |
| Week 6 | 4 mi | 40 min | 4 mi | 15 mi |
| Week 7 | 4 mi | 45 min | 4 mi | 17 mi |
| Week 8 | 3 mi | 30 min | 5 mi | 14 mi |
| Week 9 | 4 mi | 55 min | 5 mi | 20 mi |
| Week 10 | 5mi | 60 min | 5 mi | 12 mi |
| Week 11 | 5 mi | 55 min | 5 mi | 8 mi |
| Week 12 | 4 mi | 35 min | 3 mi | Race! |

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Beginner Marathon

12 Weeks – 5 Days/Week



| | Recovery | Pace | Recovery | Pace | Distance |
|----------------|----------|------|----------|--------|---------------------|
| Week 1 | 2 mi | 3 mi | 3 mi | 30 min | 7 mi |
| Week 2 | 2 mi | 3 mi | 3 mi | 30 min | 9 mi |
| Week 3 | 3 mi | 3 mi | 3 mi | 30 min | 11 mi |
| Week 4 | 3 mi | 3 mi | 3 mi | 25 min | 6 mi |
| Week 5 | 3 mi | 3 mi | 3 mi | 30 min | 13 mi |
| Week 6 | 3 mi | 3 mi | 3 mi | 30 min | 15 mi |
| Week 7 | 4 mi | 3 mi | 4 mi | 35 min | 17 mi |
| Week 8 | 3 mi | 4 mi | 3 mi | 25 min | 14 mi |
| Week 9 | 4 mi | 3 mi | 4 mi | 45 min | 20 mi |
| Week 10 | 4 mi | 5 mi | 5 mi | 45 min | 12 mi |
| Week 11 | 3 mi | 5 mi | 4 mi | 40 min | 8 mi |
| Week 12 | 3 mi | 2 mi | 2 mi | 25 min | <i>Race!</i> |

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Beginner Marathon

16 Weeks – 4 Days/Week



| | Recovery | Pace | Distance | Recovery |
|---------|----------|--------|----------|--------------|
| Week 1 | 3 mi | 40 min | 5 mi | 5 mi |
| Week 2 | 3 mi | 45 min | 5 mi | 6 mi |
| Week 3 | 4 mi | 45 min | 5 mi | 7 mi |
| Week 4 | 3 mi | 30 min | 4 mi | 6 mi |
| Week 5 | 4 mi | 40 min | 4 mi | 10 mi |
| Week 6 | 4 mi | 45 min | 5 mi | 11 mi |
| Week 7 | 4 mi | 40 min | 4 mi | 13 mi |
| Week 8 | 3 mi | 40 min | 4 mi | 9 mi |
| Week 9 | 3 mi | 40 min | 5 mi | 15 mi |
| Week 10 | 4 mi | 45 min | 4 mi | 16 mi |
| Week 11 | 4 mi | 45 min | 5 mi | 18 mi |
| Week 12 | 3 mi | 35 min | 4 mi | 14 mi |
| Week 13 | 5 mi | 55 min | 6 mi | 20 mi |
| Week 14 | 5 mi | 60 min | 7 mi | 12 mi |
| Week 15 | 5 mi | 55 min | 6 mi | 8 mi |
| Week 16 | 4 mi | 35 min | 3 mi | Race! |

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Beginner Marathon

16 Weeks – 5 Days/Week



| | Recovery | Pace | Recovery | Pace | Distance |
|----------------|----------|------|----------|--------|---------------------|
| Week 1 | 3 mi | 4 mi | 4 mi | 30 min | 5 mi |
| Week 2 | 3 mi | 4 mi | 4 mi | 35 min | 6 mi |
| Week 3 | 3 mi | 4 mi | 4 mi | 35 min | 7 mi |
| Week 4 | 2 mi | 3 mi | 3 mi | 25 min | 6 mi |
| Week 5 | 3 mi | 3 mi | 3 mi | 30 min | 10 mi |
| Week 6 | 3 mi | 4 mi | 4 mi | 35 min | 11 mi |
| Week 7 | 3 mi | 3 mi | 3 mi | 30 min | 13 mi |
| Week 8 | 2 mi | 3 mi | 3 mi | 30 min | 9 mi |
| Week 9 | 3 mi | 3 mi | 3 mi | 30 min | 15 mi |
| Week 10 | 3 mi | 4 mi | 4 mi | 35 min | 16 mi |
| Week 11 | 3 mi | 4 mi | 4 mi | 35 min | 18 mi |
| Week 12 | 2 mi | 3 mi | 3 mi | 25 min | 14 mi |
| Week 13 | 4 mi | 5 mi | 4 mi | 45 min | 20 mi |
| Week 14 | 4 mi | 5 mi | 5 mi | 45 min | 12 mi |
| Week 15 | 3 mi | 4 mi | 4 mi | 40 min | 8 mi |
| Week 16 | 3 mi | 2 mi | 2 mi | 25 min | <i>Race!</i> |

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Beginner Marathon

20 Weeks – 4 Days/Week



| | Recovery | Pace | Recovery | Distance |
|---------|----------|--------|----------|--------------|
| Week 1 | 3 mi | 35 min | 4 mi | 5 mi |
| Week 2 | 3 mi | 35 min | 4 mi | 6 mi |
| Week 3 | 3 mi | 40 min | 4 mi | 7 mi |
| Week 4 | 3 mi | 30 min | 4 mi | 5 mi |
| Week 5 | 3 mi | 40 min | 5 mi | 9 mi |
| Week 6 | 3 mi | 40 min | 4 mi | 10 mi |
| Week 7 | 3 mi | 40 min | 5 mi | 11 mi |
| Week 8 | 3 mi | 35 min | 4 mi | 8 mi |
| Week 9 | 3 mi | 40 min | 4 mi | 13 mi |
| Week 10 | 4 mi | 45 min | 5 mi | 14 mi |
| Week 11 | 4 mi | 45 min | 4 mi | 16 mi |
| Week 12 | 4 mi | 45 min | 5 mi | 10 mi |
| Week 13 | 4 mi | 45 min | 5 mi | 17 mi |
| Week 14 | 5 mi | 70 min | 7 mi | 12 mi |
| Week 15 | 4 mi | 50 min | 6 mi | 19 mi |
| Week 16 | 5 mi | 50 min | 6 mi | 13 mi |
| Week 17 | 5 mi | 55 min | 6 mi | 20 mi |
| Week 18 | 5 mi | 60 min | 6 mi | 12 mi |
| Week 19 | 4 mi | 50 min | 6 mi | 8 mi |
| Week 20 | 4 mi | 35 min | 3 mi | Race! |

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Beginner Marathon

20 Weeks – 5 Days/Week



| | Recovery | Pace | Recovery | Pace | Distance |
|----------------|----------|------|----------|--------|---------------------|
| Week 1 | 2 mi | 3 mi | 3 mi | 25 min | 5 mi |
| Week 2 | 3 mi | 3 mi | 3 mi | 30 min | 6 mi |
| Week 3 | 3 mi | 3 mi | 3 mi | 30 min | 7 mi |
| Week 4 | 3 mi | 3 mi | 3 mi | 25 min | 5 mi |
| Week 5 | 4 mi | 3 mi | 4 mi | 30 min | 9 mi |
| Week 6 | 3 mi | 3 mi | 3 mi | 30 min | 10 mi |
| Week 7 | 3 mi | 3 mi | 3 mi | 30 min | 11 mi |
| Week 8 | 3 mi | 3 mi | 3 mi | 30 min | 8 mi |
| Week 9 | 4 mi | 3 mi | 3 mi | 30 min | 13 mi |
| Week 10 | 3 mi | 4 mi | 4 mi | 35 min | 14 mi |
| Week 11 | 3 mi | 4 mi | 4 mi | 35 min | 16 mi |
| Week 12 | 3 mi | 4 mi | 4 mi | 35 min | 10 mi |
| Week 13 | 3 mi | 4 mi | 4 mi | 35 min | 17 mi |
| Week 14 | 4 mi | 5 mi | 5 mi | 50 min | 12 mi |
| Week 15 | 3 mi | 4 mi | 4 mi | 40 min | 19 mi |
| Week 16 | 3 mi | 4 mi | 4 mi | 40 min | 13 mi |
| Week 17 | 4 mi | 5 mi | 4 mi | 45 min | 20 mi |
| Week 18 | 4 mi | 5 mi | 5 mi | 45 min | 12 mi |
| Week 19 | 3 mi | 4 mi | 4 mi | 40 min | 8 mi |
| Week 20 | 3 mi | 2 mi | 2 mi | 25 min | <i>Race!</i> |

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Beginner Marathon

24 Weeks – 4 Days/Week



| | Recovery | Pace | Recovery | Distance |
|---------|----------|--------|----------|--------------|
| Week 1 | 2 mi | 30 min | 3 mi | 5 mi |
| Week 2 | 3 mi | 30 min | 3 mi | 6 mi |
| Week 3 | 3 mi | 30 min | 3 mi | 7 mi |
| Week 4 | 3 mi | 30 min | 4 mi | 5 mi |
| Week 5 | 3 mi | 30 min | 3 mi | 8 mi |
| Week 6 | 4 mi | 35 min | 4 mi | 9 mi |
| Week 7 | 3 mi | 35 min | 4 mi | 10 mi |
| Week 8 | 3 mi | 30 min | 4 mi | 7 mi |
| Week 9 | 3 mi | 35 min | 4 mi | 11 mi |
| Week 10 | 4 mi | 45 min | 6 mi | 8 mi |
| Week 11 | 4 mi | 35 min | 5 mi | 13 mi |
| Week 12 | 3 mi | 40 min | 4 mi | 9 mi |
| Week 13 | 4 mi | 40 min | 4 mi | 14 mi |
| Week 14 | 5 mi | 65 min | 7 mi | 10 mi |
| Week 15 | 4 mi | 45 min | 5 mi | 16 mi |
| Week 16 | 4 mi | 45 min | 4 mi | 11 mi |
| Week 17 | 4 mi | 50 min | 5 mi | 17 mi |
| Week 18 | 6 mi | 75 min | 7 mi | 12 mi |
| Week 19 | 4 mi | 55 min | 6 mi | 19 mi |
| Week 20 | 4 mi | 55 min | 6 mi | 13 mi |
| Week 21 | 4 mi | 60 min | 6 mi | 20 mi |
| Week 22 | 5 mi | 60 min | 6 mi | 12 mi |
| Week 23 | 4 mi | 55 min | 6 mi | 8 mi |
| Week 24 | 4 mi | 35 min | 3 mi | Race! |

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Beginner Marathon

24 Weeks – 5 Days/Week



| | Recovery | Pace | Recovery | Pace | Distance |
|----------------|----------|------|----------|--------|---------------------|
| Week 1 | 2 mi | 3 mi | 3 mi | 20 min | 5 mi |
| Week 2 | 2 mi | 3 mi | 2 mi | 25 min | 6 mi |
| Week 3 | 2 mi | 3 mi | 2 mi | 25 min | 7 mi |
| Week 4 | 2 mi | 3 mi | 2 mi | 25 min | 5 mi |
| Week 5 | 2 mi | 3 mi | 2 mi | 25 min | 8 mi |
| Week 6 | 2 mi | 3 mi | 3 mi | 25 min | 9 mi |
| Week 7 | 2 mi | 3 mi | 3 mi | 25 min | 10 mi |
| Week 8 | 2 mi | 3 mi | 3 mi | 25 min | 7 mi |
| Week 9 | 2 mi | 3 mi | 3 mi | 30 min | 11 mi |
| Week 10 | 3 mi | 4 mi | 4 mi | 40 min | 8 mi |
| Week 11 | 3 mi | 3 mi | 3 mi | 30 min | 13 mi |
| Week 12 | 2 mi | 3 mi | 3 mi | 30 min | 9 mi |
| Week 13 | 3 mi | 4 mi | 4 mi | 35 min | 14 mi |
| Week 14 | 4 mi | 5 mi | 5 mi | 50 min | 10 mi |
| Week 15 | 3 mi | 4 mi | 4 mi | 35 min | 16 mi |
| Week 16 | 3 mi | 4 mi | 4 mi | 35 min | 11 mi |
| Week 17 | 3 mi | 4 mi | 4 mi | 40 min | 17 mi |
| Week 18 | 4 mi | 6 mi | 6 mi | 55 min | 12 mi |
| Week 19 | 3 mi | 4 mi | 4 mi | 40 min | 19 mi |
| Week 20 | 3 mi | 4 mi | 4 mi | 40 min | 13 mi |
| Week 21 | 4 mi | 5 mi | 4 mi | 45 min | 20 mi |
| Week 22 | 4 mi | 5 mi | 5 mi | 45 min | 12 mi |
| Week 23 | 3 mi | 4 mi | 4 mi | 40 min | 8 mi |
| Week 24 | 3 mi | 2 mi | 2 mi | 25 min | <i>Race!</i> |

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