



## YOUR ULTIMATE MARATHON TRAINING PLAN

Whether you want to run your first marathon or your fastest, you've come to the right place

BY DOUG RENDEL

SURE, THE 5-K IS FRIENDLY, the 10-K classic, and the half-marathon a self-esteem pumping "long distance" race. But none of these has the cachet that is the marathon's alone. From the time you finish your first shorter race, the specter of the 26.2-mile Full Monty hovers in your mind. Something that one day you want to do. Have to do. *Will do.* ¶ Why? Because, like Everest, the marathon *is there*. Because it gives the ordinary person an opportunity to do something extraordinary. And for those who have finished a marathon, and now want to *race* one, well, we're here for you, too. ¶ So, ready to commit to your first finish or your fastest time? Good. Then read through our three runner profiles, figure out which of our plans fits you best, flip to the matching 16-week schedule—and get going.

In successive issues, we're presenting plans for the 5-K, 10-K, half-marathon, marathon, and ultra-marathon. To see the other plans, go to [runnersworld.com](http://runnersworld.com), and click on "Training Plans."



