



GULF BANK 642 MARATHON

10KM MARATHON TRAINING PLAN

WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TOTAL
1	Self Preparation	Rest	3km	5km	6km	Rest	8KM	22km
2	6KM	Rest	3km	3km	5km	Rest	9KM	26km
3	6KM	Rest	3km	5km	7km	Rest	10KM	31km
4	7KM	Rest	3km	5km	7km	Rest	11KM	33km
5	8KM	Rest	5km	5km	Rest	Rest	Rest	18km