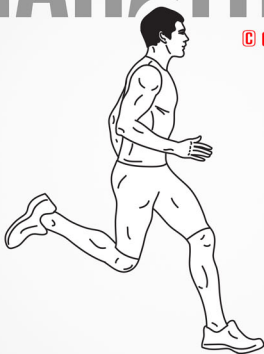


16 weeks to  
**MARATHON**

**DAREBEE**

# 16 weeks to MARATHON

© [darebee.com](http://darebee.com)



**DAY 1**  
**WEEK 1**

**15 minutes jog**

**in total**, stops are allowed  
but stoptime is not counted  
towards the total

# 16 weeks to MARATHON

© darebee.com



**10** shoulder taps



**10** plank rotations



**10-count** hold

**DAY 2**  
**WEEK 1**

**Level I** 3 sets

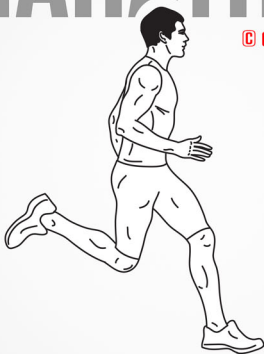
**Level II** 4 sets

**Level III** 5 sets

2 minutes rest between sets

# 16 weeks to MARATHON

© [darebee.com](http://darebee.com)



**DAY 3**  
**WEEK 1**

**20 minutes jog**

**in total**, stops are allowed  
but stoptime is not counted  
towards the total

# 16 weeks to MARATHON

© darebee.com



**10** calf raises



**10-count** hold



**10** squats

**DAY 4**  
**WEEK 1**

**Level I** 3 sets

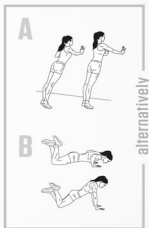
**Level II** 4 sets

**Level III** 5 sets

2 minutes rest between sets

# 16 weeks to MARATHON

© darebee.com



**DAY 5**  
**WEEK 1**

**maximum** push-ups

**Level I** 3 sets

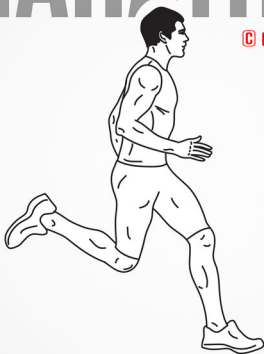
**Level II** 4 sets

**Level III** 5 sets

30 seconds rest between sets

# 16 weeks to MARATHON

© [darebee.com](http://darebee.com)



**DAY 6**  
**WEEK 1**

**25 minutes jog**

**in total**, stops are allowed  
but stoptime is not counted  
towards the total

# 16 weeks to MARATHON

© darebee.com



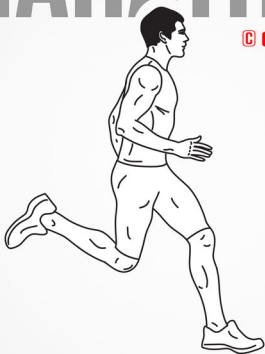
DAY 7  
WEEK 1

**60 minutes** walking  
non-stop



# 16 weeks to MARATHON

© [darebee.com](http://darebee.com)



**DAY 8**  
**WEEK 2**

**25 minutes jog**  
**non-stop**

# 16 weeks to MARATHON

© [darebee.com](http://darebee.com)



**10** shoulder taps



**5** plank walk-outs



**10-count** hold

**DAY 9**  
**WEEK 2**

**Level I** 3 sets

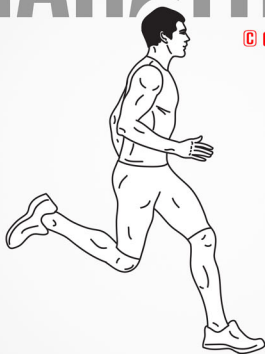
**Level II** 4 sets

**Level III** 5 sets

2 minutes rest between sets

# 16 weeks to MARATHON

© [darebee.com](http://darebee.com)



**DAY 10**  
**WEEK 2**

**35 minutes jog**  
**non-stop**

# 16 weeks to MARATHON

© darebee.com



**10** calf raises



**10** squats



**10-count** hold

**DAY 11**  
**WEEK 2**

**Level I** 3 sets

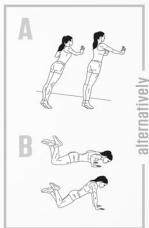
**Level II** 4 sets

**Level III** 5 sets

2 minutes rest between sets

# 16 weeks to MARATHON

© darebee.com



**DAY 12**  
**WEEK 2**

**maximum** push-ups

**Level I** 3 sets

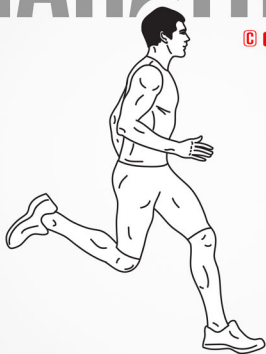
**Level II** 4 sets

**Level III** 5 sets

30 seconds rest between sets

# 16 weeks to MARATHON

© darebee.com



**DAY 13**  
**WEEK 2**

**30 minutes jog**  
**non-stop**

# 16 weeks to MARATHON

© [darebee.com](http://darebee.com)

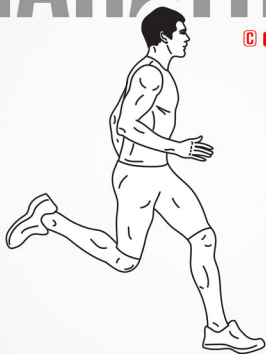


**DAY 14**  
**WEEK 2**

**75 minutes walking**  
**non-stop**

# 16 weeks to MARATHON

© darebee.com



**DAY 15**  
**WEEK 3**

**30 minutes jog**  
**non-stop**



# 16 weeks to MARATHON

© [darebee.com](http://darebee.com)



**10** shoulder taps



**5** up & down planks



**10-count** hold

**DAY 16**  
**WEEK 3**

**Level I** 3 sets

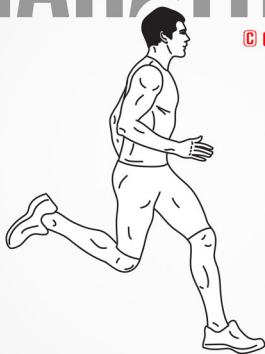
**Level II** 4 sets

**Level III** 5 sets

2 minutes rest between sets

# 16 weeks to MARATHON

© [darebee.com](http://darebee.com)



**DAY 17**  
**WEEK 3**

**40 minutes jog**  
**non-stop**

# 16 weeks to MARATHON

© [darebee.com](http://darebee.com)



**10** calf raises



**10-count** hold



**10** lunges

**DAY 18**  
**WEEK 3**

**Level I** 3 sets

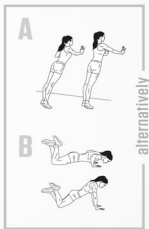
**Level II** 4 sets

**Level III** 5 sets

2 minutes rest between sets

# 16 weeks to MARATHON

© darebee.com



**DAY 19**  
**WEEK 3**

**maximum** push-ups

**Level I** 3 sets

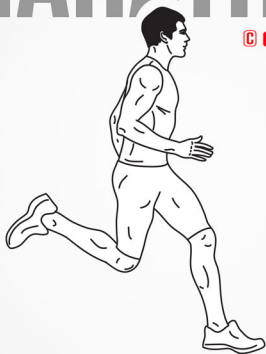
**Level II** 4 sets

**Level III** 5 sets

30 seconds rest between sets

# 16 weeks to MARATHON

© [darebee.com](http://darebee.com)



**DAY 20**  
**WEEK 3**

**35 minutes jog**  
**non-stop**

# 16 weeks to MARATHON

© darebee.com

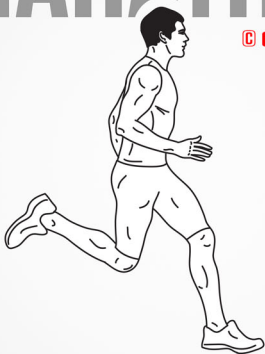


DAY 21  
WEEK 3

**90 minutes** walking  
non-stop

# 16 weeks to MARATHON

© [darebee.com](http://darebee.com)



**DAY 22**  
**WEEK 4**

**35 minutes jog**  
**non-stop**

# 16 weeks to MARATHON

© darebee.com



**12** shoulder taps



**12** plank rotations



**6** plank walk-outs

**DAY 23**  
**WEEK 4**

**Level I** 3 sets

**Level II** 4 sets

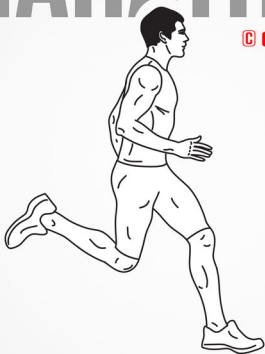
**Level III** 5 sets

2 minutes rest between sets



# 16 weeks to MARATHON

© darebee.com



**DAY 24**  
**WEEK 4**

**45 minutes jog**  
**non-stop**

# 16 weeks to MARATHON

© darebee.com



**12** calf raises



**12** lunges



**12** squats

**DAY 25**  
**WEEK 4**

**Level I** 3 sets

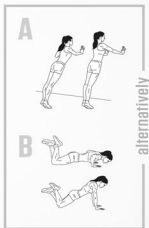
**Level II** 4 sets

**Level III** 5 sets

2 minutes rest between sets

# 16 weeks to MARATHON

© darebee.com



**DAY 26**  
**WEEK 4**

**maximum** push-ups

**Level I** 3 sets

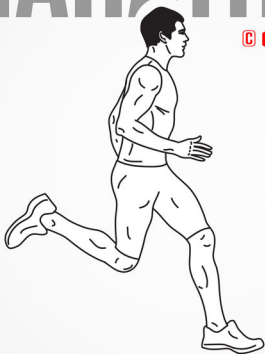
**Level II** 4 sets

**Level III** 5 sets

30 seconds rest between sets

# 16 weeks to MARATHON

© darebee.com

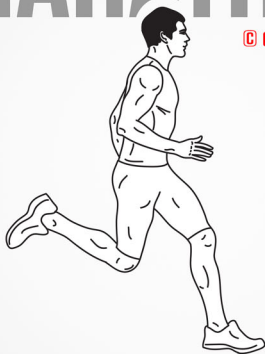


**DAY 27**  
**WEEK 4**

**35 minutes jog**  
**non-stop**

# 16 weeks to MARATHON

© [darebee.com](http://darebee.com)

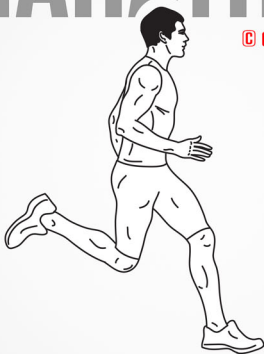


**DAY 28**  
**WEEK 4**

**60 minutes** walk & jog  
**non-stop**

# 16 weeks to MARATHON

© darebee.com



**DAY 29**  
**WEEK 5**

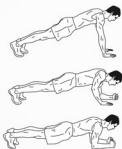
**20 minutes** run  
**non-stop**

# 16 weeks to MARATHON

© darebee.com



12 shoulder taps



6 up & down planks



12 side plank rotations

**DAY 30**  
**WEEK 5**

**Level I** 3 sets

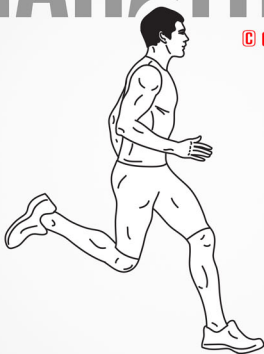
**Level II** 4 sets

**Level III** 5 sets

2 minutes rest between sets

# 16 weeks to MARATHON

© [darebee.com](http://darebee.com)



**DAY 31**  
**WEEK 5**

**50 minutes jog**  
**non-stop**



# 16 weeks to MARATHON

© darebee.com



**12** calf raises



**12** lunges



**12** side-to-side lunges

**DAY 32**  
**WEEK 5**

**Level I** 3 sets

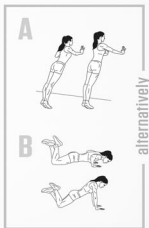
**Level II** 4 sets

**Level III** 5 sets

2 minutes rest between sets

# 16 weeks to MARATHON

© darebee.com



**DAY 33**  
**WEEK 5**

**maximum** push-ups

**Level I** 3 sets

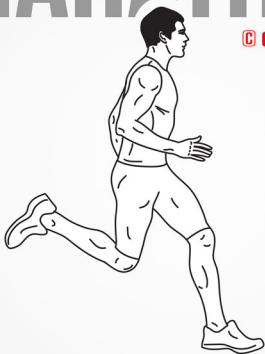
**Level II** 4 sets

**Level III** 5 sets

30 seconds rest between sets

# 16 weeks to MARATHON

© [darebee.com](http://darebee.com)

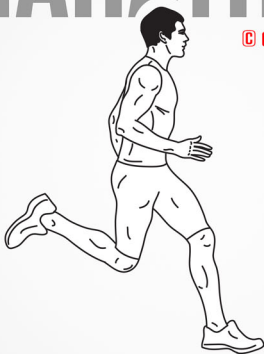


**DAY 34**  
**WEEK 5**

**2 mile / 3km** fast run  
**non-stop**

# 16 weeks to MARATHON

© [darebee.com](http://darebee.com)

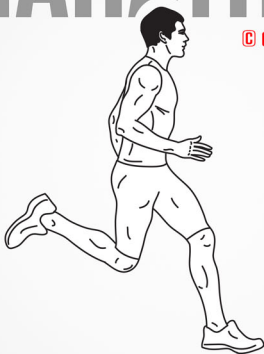


**DAY 35**  
**WEEK 5**

**1 hour 40 minutes**  
walk & jog **or run 10K**  
**non-stop**

# 16 weeks to MARATHON

© darebee.com



**DAY 36**  
**WEEK 6**

**25 minutes** run  
**non-stop**

# 16 weeks to MARATHON

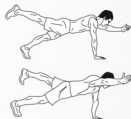
© darebee.com



**12** plank rotations



**6** plank walk-outs



**12** alt arm / leg raises

**DAY 37**  
**WEEK 6**

**Level I** 3 sets

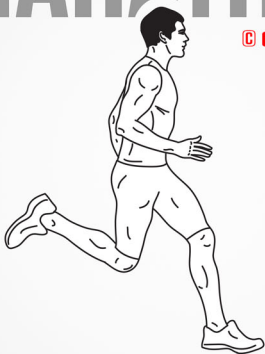
**Level II** 4 sets

**Level III** 5 sets

2 minutes rest between sets

# 16 weeks to MARATHON

© darebee.com



**DAY 38**  
**WEEK 6**

**55 minutes jog**  
**non-stop**

# 16 weeks to MARATHON

© [darebee.com](http://darebee.com)



**12** calf raises



**10-count** hold



**12** squats

**DAY 39**  
**WEEK 6**

**Level I** 3 sets

**Level II** 4 sets

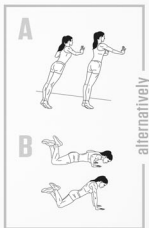
**Level III** 5 sets

2 minutes rest between sets



# 16 weeks to MARATHON

© darebee.com



**DAY 40**  
**WEEK 6**

**maximum** push-ups

**Level I** 3 sets

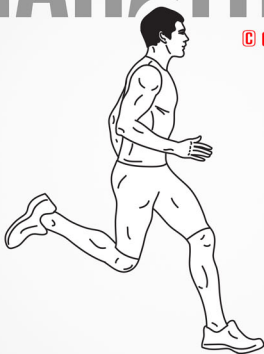
**Level II** 4 sets

**Level III** 5 sets

30 seconds rest between sets

# 16 weeks to MARATHON

© [darebee.com](http://darebee.com)

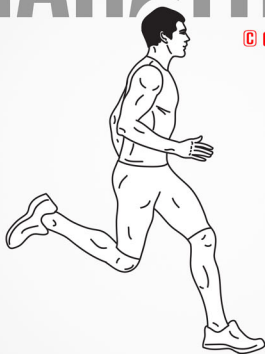


**DAY 41**  
**WEEK 6**

**25 minutes** run  
**non-stop**

# 16 weeks to MARATHON

© [darebee.com](http://darebee.com)

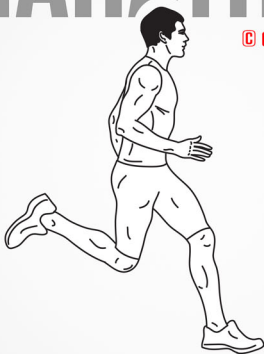


**DAY 42**  
**WEEK 6**

**1 hour 45 minutes**  
walk & jog  
**non-stop**

# 16 weeks to MARATHON

© darebee.com



**DAY 43**  
**WEEK 7**

**30 minutes** run  
**non-stop**

# 16 weeks to MARATHON

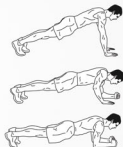
© [darebee.com](http://darebee.com)



**12** shoulder taps



**12** thigh taps



**6** up & down planks

**DAY 44**  
**WEEK 7**

**Level I** 3 sets

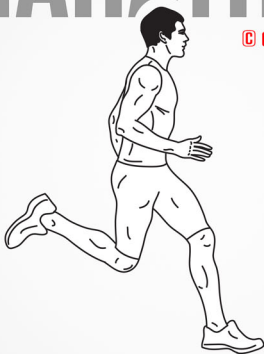
**Level II** 4 sets

**Level III** 5 sets

2 minutes rest between sets

# 16 weeks to MARATHON

© [darebee.com](http://darebee.com)



**DAY 45**  
**WEEK 7**

**30 minutes** run  
**non-stop**

# 16 weeks to MARATHON

© darebee.com



**12** calf raises



**12** squats



**12** side-to-side lunges

**DAY 46**  
**WEEK 7**

**Level I** 3 sets

**Level II** 4 sets

**Level III** 5 sets

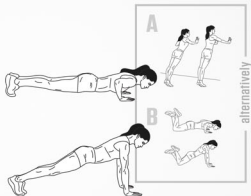
2 minutes rest between sets

# 16 weeks to MARATHON

© darebee.com



**30 minutes** run  
non-stop



**maximum** push-ups  
I 3 sets II 4 sets III 5 sets  
30 seconds rest between sets

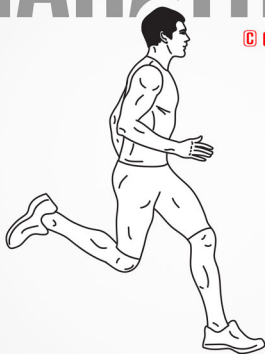
---

DAY 47      WEEK 7



# 16 weeks to MARATHON

© [darebee.com](http://darebee.com)

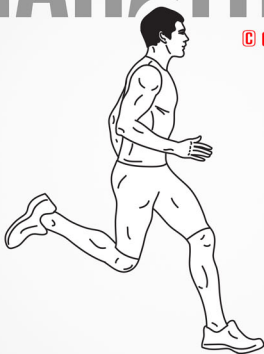


**DAY 48**  
**WEEK 7**

**30 minutes** run  
**non-stop**

# 16 weeks to MARATHON

© darebee.com

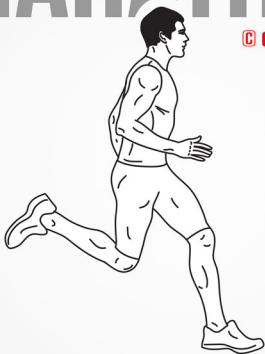


**DAY 49**  
**WEEK 7**

**8M / 12K** run  
**non-stop**

# 16 weeks to MARATHON

© [darebee.com](http://darebee.com)



**DAY 50**  
**WEEK 8**

**35 minutes** run  
**non-stop**

# 16 weeks to MARATHON

© darebee.com



**14** shoulder taps



**14** plank rotations



**7** plank walk-outs

**DAY 51**  
**WEEK 8**

**Level I** 3 sets

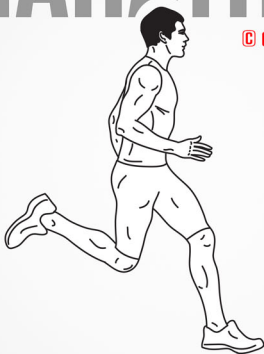
**Level II** 4 sets

**Level III** 5 sets

2 minutes rest between sets

# 16 weeks to MARATHON

© darebee.com



**DAY 52**  
**WEEK 8**

**60 minutes** jogging  
**non-stop**

# 16 weeks to MARATHON

© [darebee.com](http://darebee.com)



**14** calf raises



**14** lunges



**10-count** squat hold

**DAY 53**  
**WEEK 8**

**Level I** 3 sets

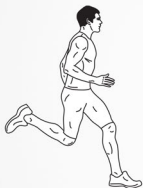
**Level II** 4 sets

**Level III** 5 sets

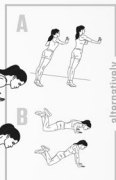
2 minutes rest between sets

# 16 weeks to MARATHON

© darebee.com



**30 minutes** run  
non-stop



**maximum** push-ups

I 3 sets II 4 sets III 5 sets

30 seconds rest between sets

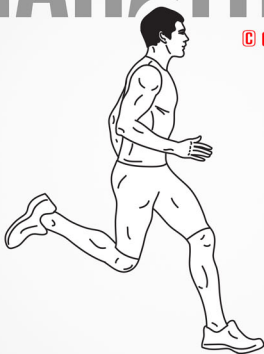
---

DAY 54

WEEK 8

# 16 weeks to MARATHON

© [darebee.com](http://darebee.com)



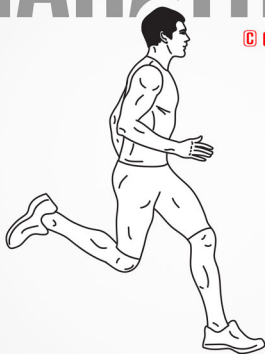
**DAY 55**  
**WEEK 8**

**35 minutes** run  
**non-stop**



# 16 weeks to MARATHON

© [darebee.com](http://darebee.com)

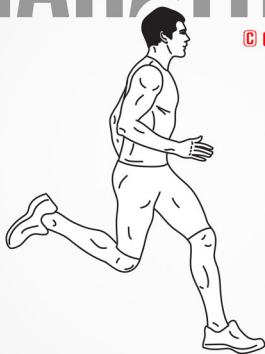


**DAY 56**  
**WEEK 8**

**2 hours** walk & jog  
**non-stop**  
**or run half marathon**

# 16 weeks to MARATHON

© [darebee.com](http://darebee.com)



**DAY 57**  
**WEEK 9**

**40 minutes** run  
**non-stop**

# 16 weeks to MARATHON

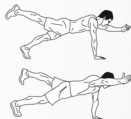
© darebee.com



**14** plank rotations



**7** plank walk-outs



**14** alt arm / leg raises

**DAY 58**  
**WEEK 9**

**Level I** 3 sets

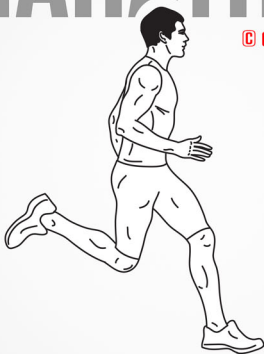
**Level II** 4 sets

**Level III** 5 sets

2 minutes rest between sets

# 16 weeks to MARATHON

© darebee.com



**DAY 59**  
**WEEK 9**

**1M / 2K** fast run  
non-stop  
repeat 3 times in total

# 16 weeks to MARATHON

© darebee.com



**14** calf raises



**10-count** hold



**14** squats

**DAY 60**  
**WEEK 9**

**Level I** 3 sets

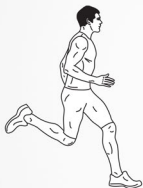
**Level II** 4 sets

**Level III** 5 sets

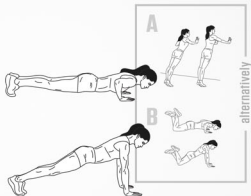
2 minutes rest between sets

# 16 weeks to MARATHON

© darebee.com



**30 minutes** run  
**non-stop**



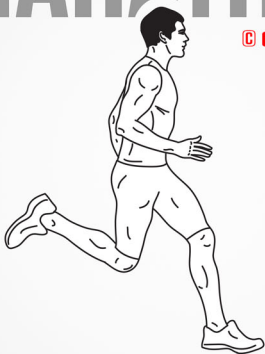
**maximum** push-ups  
I 3 sets II 4 sets III 5 sets  
30 seconds rest between sets

---

**DAY 61**      **WEEK 9**

# 16 weeks to MARATHON

© darebee.com

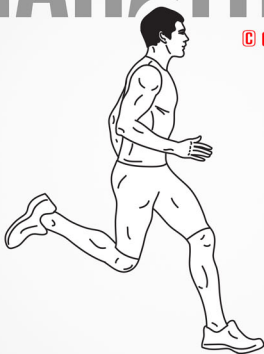


DAY 62  
WEEK 9

**40 minutes** run  
non-stop

# 16 weeks to MARATHON

© [darebee.com](http://darebee.com)



**DAY 63**  
**WEEK 9**

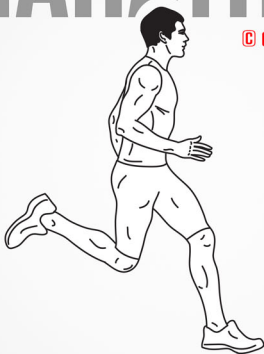
**8M / 12K run**

**in total**, stops are allowed  
but stoptime is not counted  
towards the total



# 16 weeks to MARATHON

© [darebee.com](http://darebee.com)



**DAY 64**  
**WEEK 10**

**45 minutes** run  
**non-stop**

# 16 weeks to MARATHON

© [darebee.com](http://darebee.com)



**16** shoulder taps



**8** up & down planks



**10-count** hold

**DAY 65**  
**WEEK 10**

**Level I** 3 sets

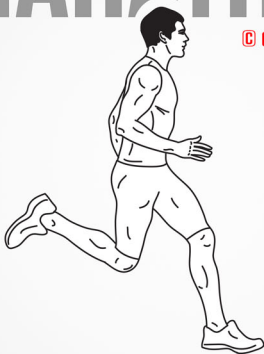
**Level II** 4 sets

**Level III** 5 sets

2 minutes rest between sets

# 16 weeks to MARATHON

© [darebee.com](http://darebee.com)



**DAY 66**  
**WEEK 10**

**3M / 5K** run  
**non-stop**

# 16 weeks to MARATHON

© darebee.com



**14** calf raises



**14** lunges



**14** side-to-side lunges

**DAY 67**  
**WEEK 10**

**Level I** 3 sets

**Level II** 4 sets

**Level III** 5 sets

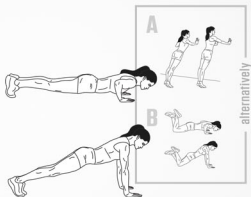
2 minutes rest between sets

# 16 weeks to MARATHON

© darebee.com



**30 minutes** run  
**non-stop**



**maximum** push-ups  
I 3 sets II 4 sets III 5 sets  
30 seconds rest between sets

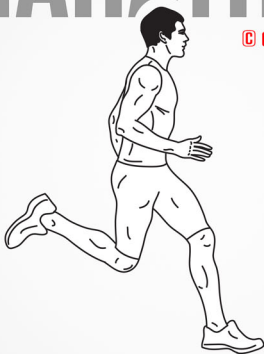
---

DAY 68

WEEK 10

# 16 weeks to MARATHON

© [darebee.com](http://darebee.com)

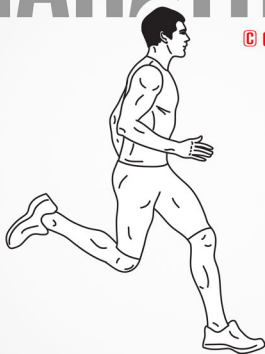


**DAY 69**  
**WEEK 10**

**35 minutes** run  
**non-stop**

# 16 weeks to MARATHON

© [darebee.com](http://darebee.com)

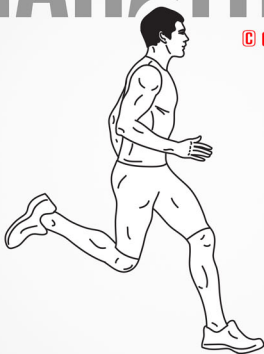


**DAY 70**  
**WEEK 10**

**12M / 20K** slow run  
**in total**, stops are allowed  
but stoptime is not counted  
towards the total

# 16 weeks to MARATHON

© darebee.com



**DAY 71**  
**WEEK 11**

**40 minutes** run  
**non-stop**



# 16 weeks to MARATHON

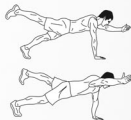
© darebee.com



**14** shoulder taps



**7** plank walk-outs



**14** alt arm / leg raises

**DAY 72**  
**WEEK 11**

**Level I** 3 sets

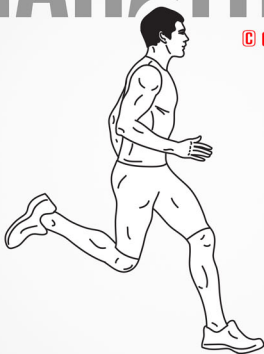
**Level II** 4 sets

**Level III** 5 sets

2 minutes rest between sets

# 16 weeks to MARATHON

© darebee.com



**DAY 73**  
**WEEK 11**

**1M / 2K fast run**  
repeat 3 times in total  
5 minutes rest between sets

# 16 weeks to MARATHON

© darebee.com



**14** calf raises



**10-count** hold



**10** jump squats

**DAY 74**  
**WEEK 11**

**Level I** 3 sets

**Level II** 4 sets

**Level III** 5 sets

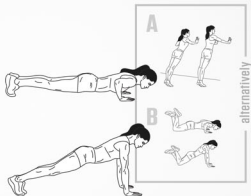
2 minutes rest between sets

# 16 weeks to MARATHON

© darebee.com



**30 minutes** run  
non-stop



**maximum** push-ups  
I 3 sets II 4 sets III 5 sets  
30 seconds rest between sets

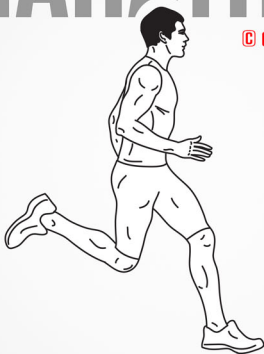
---

DAY 75

WEEK 11

# 16 weeks to MARATHON

© darebee.com

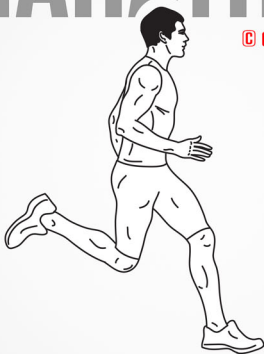


**DAY 76**  
**WEEK 11**

**30 minutes** run  
**non-stop**

# 16 weeks to MARATHON

© [darebee.com](http://darebee.com)

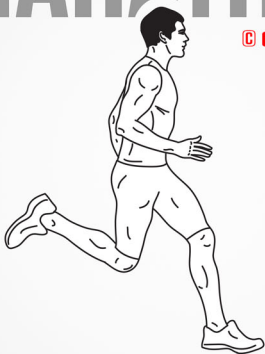


**DAY 77**  
**WEEK 11**

**14M / 22K** slow run  
**in total**, stops are allowed  
but stoptime is not counted  
towards the total

# 16 weeks to MARATHON

© darebee.com



DAY 78  
WEEK 12

**35 minutes** run  
non-stop

# 16 weeks to MARATHON

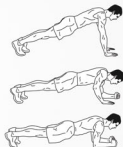
© [darebee.com](http://darebee.com)



**16** shoulder taps



**16** thigh taps



**8** up & down planks

**DAY 79**  
**WEEK 12**

**Level I** 3 sets

**Level II** 4 sets

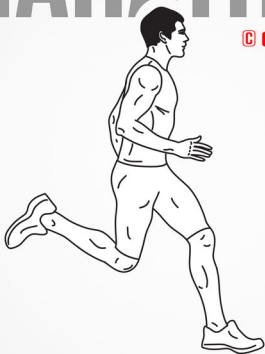
**Level III** 5 sets

2 minutes rest between sets



# 16 weeks to MARATHON

© darebee.com



DAY 80  
WEEK 12

**3M / 5K** fast run  
non-stop

# 16 weeks to MARATHON

© [darebee.com](http://darebee.com)



**16** calf raises



**10-count** hold



**10** jump squats

**DAY 81**  
**WEEK 12**

**Level I** 3 sets

**Level II** 4 sets

**Level III** 5 sets

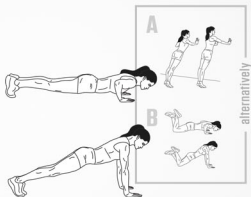
2 minutes rest between sets

# 16 weeks to MARATHON

© darebee.com



**30 minutes** run  
**non-stop**



**maximum** push-ups  
I 3 sets II 4 sets III 5 sets  
30 seconds rest between sets

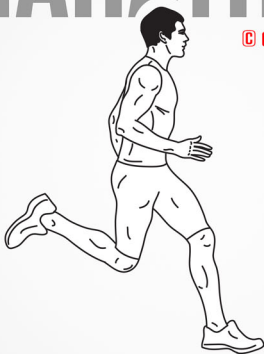
---

DAY 82

WEEK 12

# 16 weeks to MARATHON

© [darebee.com](http://darebee.com)

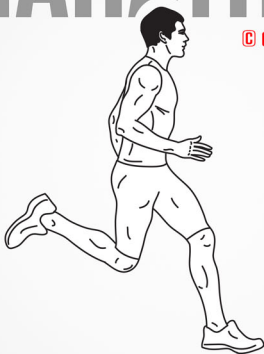


**DAY 83**  
**WEEK 12**

**25 minutes** run  
**non-stop**

# 16 weeks to MARATHON

© [darebee.com](http://darebee.com)

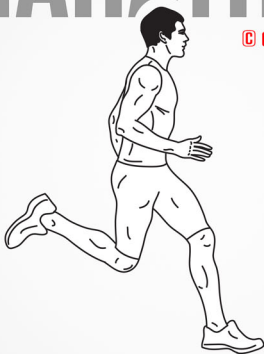


**DAY 84**  
**WEEK 12**

**14M / 22K** fast run  
**in total**

# 16 weeks to MARATHON

© darebee.com



**DAY 85**  
**WEEK 13**

**30 minutes** run  
**non-stop**

# 16 weeks to MARATHON

© [darebee.com](http://darebee.com)



**16** shoulder taps



**16** plank rotations



**10-count** hold

**DAY 86**  
**WEEK 13**

**Level I** 3 sets

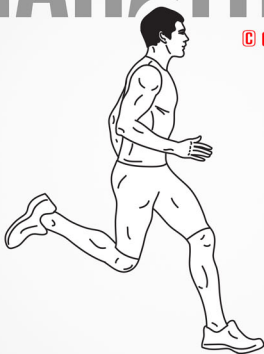
**Level II** 4 sets

**Level III** 5 sets

2 minutes rest between sets

# 16 weeks to MARATHON

© darebee.com



**DAY 87**  
**WEEK 13**

**1M / 2K fast run**  
repeat 3 times in total  
5 minutes rest between sets



# 16 weeks to MARATHON

© darebee.com



**16** calf raises



**10** jumping lunges



**16** side-to-side lunges

**DAY 88**  
**WEEK 13**

**Level I** 3 sets

**Level II** 4 sets

**Level III** 5 sets

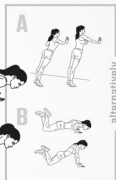
2 minutes rest between sets

# 16 weeks to MARATHON

© darebee.com



**30 minutes** run  
non-stop



**maximum** push-ups

I 3 sets II 4 sets III 5 sets

30 seconds rest between sets

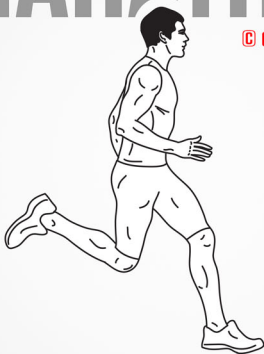
---

DAY 89

WEEK 13

# 16 weeks to MARATHON

© [darebee.com](http://darebee.com)

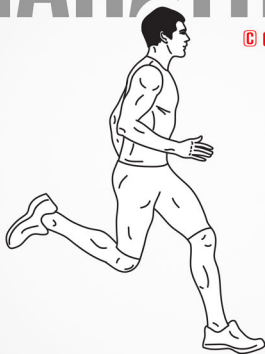


**DAY 90**  
**WEEK 13**

**20 minutes** run  
**non-stop**

# 16 weeks to MARATHON

© [darebee.com](http://darebee.com)



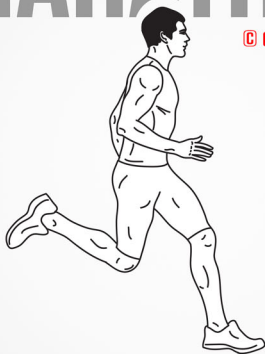
DAY 91  
WEEK 13

**16M / 26K** run

**in total**, stops are allowed  
but stoptime is not counted  
towards the total

# 16 weeks to MARATHON

© darebee.com



DAY 92  
WEEK 14

25 minutes run  
non-stop

# 16 weeks to MARATHON

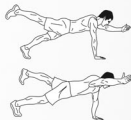
© darebee.com



**16** shoulder taps



**8** plank walk-outs



**16** alt arm / leg raises

**DAY 93**  
**WEEK 14**

**Level I** 3 sets

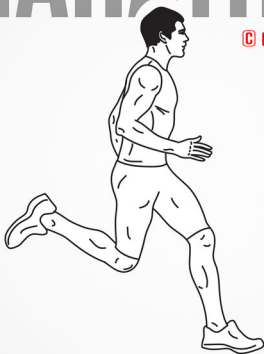
**Level II** 4 sets

**Level III** 5 sets

2 minutes rest between sets

# 16 weeks to MARATHON

© darebee.com



**DAY 94**  
**WEEK 14**

**3M / 5K** fast run  
**non-stop**

# 16 weeks to MARATHON

© darebee.com



**16** calf raises



**10** jumping lunges



**10** jump squats

**DAY 95**  
**WEEK 14**

**Level I** 3 sets

**Level II** 4 sets

**Level III** 5 sets

2 minutes rest between sets

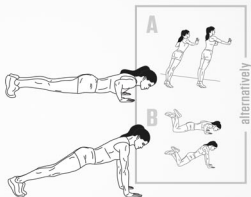


# 16 weeks to MARATHON

© darebee.com



**25 minutes** run  
**non-stop**



**maximum** push-ups  
I 3 sets II 4 sets III 5 sets  
30 seconds rest between sets

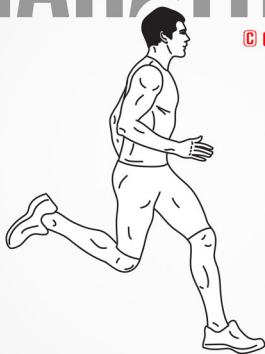
---

DAY 96

WEEK 14

# 16 weeks to MARATHON

© [darebee.com](http://darebee.com)

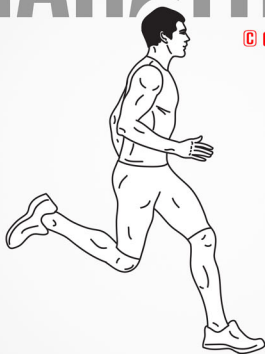


**DAY 97**  
**WEEK 14**

**15 minutes** run  
**non-stop**

# 16 weeks to MARATHON

© darebee.com

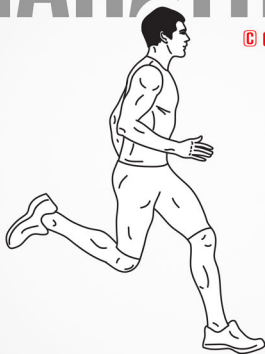


**DAY 98**  
**WEEK 14**

**6M / 10K** run  
in total

# 16 weeks to MARATHON

© darebee.com



**DAY 99**  
**WEEK 15**

**20 minutes** run  
**non-stop**

# 16 weeks to MARATHON

© [darebee.com](http://darebee.com)



**18** shoulder taps



**6** up & down planks



**10-count** hold

**DAY 100**  
**WEEK 15**

**Level I** 3 sets

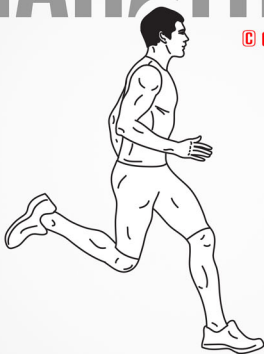
**Level II** 4 sets

**Level III** 5 sets

2 minutes rest between sets

# 16 weeks to MARATHON

© [darebee.com](http://darebee.com)



**DAY 101**  
**WEEK 15**

**30 minutes** run  
**non-stop**

# 16 weeks to MARATHON

© darebee.com



**18** calf raises



**10-count** hold



**10** jump squats

**DAY 102**  
**WEEK 15**

**Level I** 3 sets

**Level II** 4 sets

**Level III** 5 sets

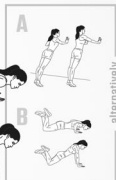
2 minutes rest between sets

# 16 weeks to MARATHON

© darebee.com



**1M / 2K** run  
**repeat 2 times in total**  
5 minutes rest  
between sets



**maximum** push-ups  
I 3 sets II 4 sets III 5 sets  
30 seconds rest between sets

---

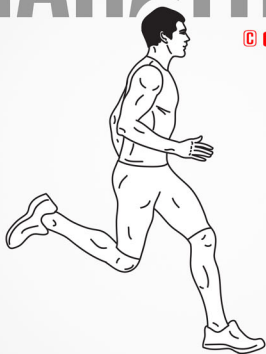
DAY 103

WEEK 15



# 16 weeks to MARATHON

© [darebee.com](http://darebee.com)

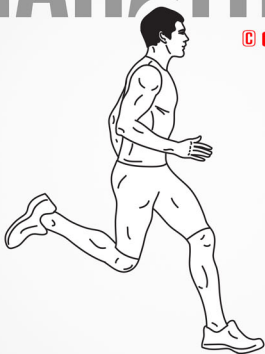


**DAY 104**  
**WEEK 15**

**15 minutes** run  
**non-stop**

# 16 weeks to MARATHON

© darebee.com

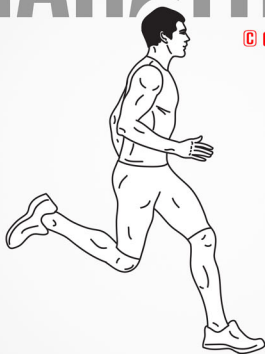


**DAY 105**  
**WEEK 15**

**60 minutes** run  
non-stop

# 16 weeks to MARATHON

© [darebee.com](http://darebee.com)



**DAY 106**  
**WEEK 16**

**20 minutes jog**  
**non-stop**

# 16 weeks to MARATHON

© darebee.com



**20** shoulder taps



**20** plank rotations



**10-count** hold

**DAY 107**  
**WEEK 16**

**Level I** 3 sets

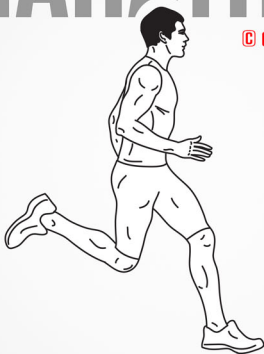
**Level II** 4 sets

**Level III** 5 sets

2 minutes rest between sets

# 16 weeks to MARATHON

© [darebee.com](http://darebee.com)



**DAY 108**  
**WEEK 16**

**30 minutes jog**  
**non-stop**

# 16 weeks to MARATHON

© darebee.com



**20** calf raises



**10-count** hold



**10-count** hold

**DAY 109**  
**WEEK 16**

**Level I** 3 sets

**Level II** 4 sets

**Level III** 5 sets

2 minutes rest between sets

# 16 weeks to MARATHON

© darebee.com



**DAY 110**  
**WEEK 16**

**15 minutes** walk  
**non-stop**

# 16 weeks to MARATHON

© [darebee.com](http://darebee.com)



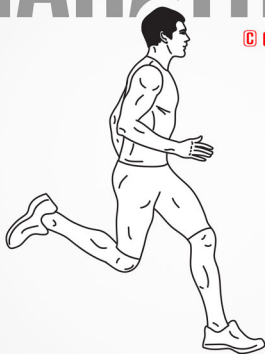
**DAY 111**  
**WEEK 16**

**20 minutes walk**  
**non-stop**



# 16 weeks to MARATHON

© [darebee.com](http://darebee.com)



**DAY 112**  
**WEEK 16**

**RACE DAY**  
**good luck!**

