

| Tomoka Marathon 16 Week Training Plan | | | | | | | | |
|---------------------------------------|-------------|--------------------------|--------------|----------------|-------------|-----------------|----------------|-------|
| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Total |
| | Easy Run | Cross Training | Race Pace | Rest Day | Tempo Run | Easy Run | Long Run | |
| 1 | 3 8-Dec | Cross Training 9-Dec | 5 10-Dec | Rest 11-Dec | 3 12-Dec | 3-Jan 13-Dec | 8 14-Dec | 22 |
| 2 | 3 15-Dec | Cross Training 16-Dec | 5 17-Dec | Rest 18-Dec | 5 19-Dec | Rest 20-Dec | 9 21-Dec | 22 |
| 3 | 3 22-Dec | Cross Training 23-Dec | 3 24-Dec | Rest 25-Dec | 5 26-Dec | 3 27-Dec | 10 28-Dec | 24 |
| 4 | 3 29-Dec | Cross Training 30-Dec | 6 31-Dec | Rest 1-Jan | 3 2-Jan | Rest 3-Jan | 12 4-Jan | 24 |
| 5 | 3 5-Jan | Cross Training 6-Jan | 6 7-Jan | Rest 8-Jan | 5 9-Jan | 3 10-Jan | 14 11-Jan | 31 |
| 6 | 3 12-Jan | Cross Training 13-Jan | 6 14-Jan | Rest 15-Jan | 5 16-Jan | Rest 17-Jan | 13 18-Jan | 27 |
| 7 | 3 19-Jan | Cross Training 20-Jan | 8 21-Jan | Rest 22-Jan | 3 23-Jan | 5 24-Jan | 16 25-Jan | 35 |
| 8 | 3 26-Jan | Cross Training 27-Jan | 10 28-Jan | Rest 29-Jan | 3 30-Jan | Rest 31-Jan | 18 1-Feb | 34 |
| 9 | 3 2-Feb | Cross Training 3-Feb | 10 4-Feb | Rest 5-Feb | 3 6-Feb | 3 7-Feb | 20 8-Feb | 39 |
| 10 | 3 9-Feb | Cross Training 10-Feb | 8 11-Feb | Rest 12-Feb | 5 13-Feb | Rest 14-Feb | 15 15-Feb | 31 |
| 11 | 3 16-Feb | Cross Training 17-Feb | 5 18-Feb | Rest 19-Feb | 5 20-Feb | 5 21-Feb | 16 22-Feb | 34 |
| 12 | 3 23-Feb | Cross Training 24-Feb | 10 25-Feb | Rest 26-Feb | 5 27-Feb | Rest 28-Feb | 20 1-Mar | 38 |
| 13 | 3 2-Mar | Cross Training 3-Mar | 5 4-Mar | Rest 5-Mar | 5 6-Mar | 5 7-Mar | 13 8-Mar | 31 |
| 14 | 3 9-Mar | Cross Training 10-Mar | 5 11-Mar | Rest 12-Mar | 5 13-Mar | Rest 14-Mar | 18 15-Mar | 31 |
| 15 | 3 16-Mar | Cross Training 17-Mar | 5 18-Mar | Rest 19-Mar | 5 20-Mar | 3 21-Mar | 8 22-Mar | 24 |
| 16 | 3 23-Mar | Cross Training 24-Mar | 5 25-Mar | Rest 26-Mar | 3 27-Mar | Rest 28-Mar | 26.2 29-Mar | 37.2 |