

Team World Vision Chicago Marathon Training Program for Beginners

For team members who have never run before, and want to alternate running and walking during the race.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 June 8	3 miles 3:3 run hard/walk easy*	3 miles 5:1 run easy/walk hard*	Strength/Core	3 miles 4:2 run hard/walk hard*	Rest	5 miles 5:1 run easy/walk hard*	Cross train*
Week 3 June 15	3 miles 3:3 run hard/walk easy	3 miles 5:1 run easy/walk hard	Strength/Core	3 miles 4:2 run hard/walk hard	Rest	6 miles 5:1 run easy/walk hard	Cross train
Week 2 June 22	3 miles 3:3 run hard/walk easy	4 miles 5:1 run easy/walk hard	Strength/Core	3 miles 4:2 run hard/walk hard	Rest	6 miles 5:1 run easy/walk hard	Cross train
Week 4 June 29	3 miles test run*	4 miles 5:1 run easy/walk hard	Strength/Core	3 miles 4:2 run hard/walk hard	Rest	8 miles 5:1 run easy/walk hard	Cross train
Weeks 5 July 6	3 miles 3:3 run hard/walk easy	5 miles 5:1 run easy/walk hard	Strength/Core	3 miles 4:2 run hard/walk hard	Rest	10 miles 5:1 run easy/walk hard	Cross train
Week 6 July 13	3 miles 3:3 run hard/walk easy	5 miles 5:1 run easy/walk hard	Strength/Core	3 miles 4:2 run hard/walk hard	Rest	7 miles 5:1 run easy/walk hard	Cross train
Week 7 July 20	3 miles 3:3 run hard/walk easy	6 miles 5:1 run easy/walk hard	Strength/Core	3 miles 4:2 run hard/walk hard	Rest	12 miles 5:1 run easy/walk hard	Cross train
Week 8 July 27	3 mile test run	6 miles 5:1 run easy/walk hard	Strength/Core	4 miles 4:2 run hard/walk hard	Rest	13 miles 5:1 run easy/walk hard	Cross train
Weeks 9 Aug 3	3 miles 4:4 run hard/walk easy	7 miles 5:1 run easy/walk hard	Strength/Core	4 miles 5:2 run hard/walk hard	Rest	10 miles 5:1 run easy/walk hard	Cross train
Week 10 Aug 10	3 miles 4:4 run hard/walk easy	7 miles 5:1 run easy/walk hard	Strength/Core	4 miles 5:2 run hard/walk hard	Rest	15 miles 5:1 run easy/walk hard	Cross train
Week 11 Aug 17	4 miles 4:4 run hard/walk easy	8 miles 5:1 run easy/walk hard	Strength/Core	4 miles 5:2 run hard/walk hard	Rest	16 miles 5:1 run easy/walk hard	Cross train
Week 12 Aug 24	4 miles 4:4 run hard/walk easy	8 miles 5:1 run easy/walk hard	Strength/Core	5 miles 5:2 run hard/walk hard	Rest	12 miles 5:1 run easy/walk hard	Cross train
Week 13 Aug 31	4 miles 5:4 run hard/walk easy	9 miles 5:1 run easy/walk hard	Strength/Core	5 miles 6:2 run hard/walk hard	Rest	18 miles 5:1 run easy/walk hard	Cross train
Week 14 Sept 7	5 miles 5:4 run hard/walk easy	9 miles 5:1 run easy/walk hard	Strength/Core	5 miles 6:2 run hard/walk hard	Rest	14 miles 5:1 run easy/walk hard	Cross train
Week 15 Sept 14	5 miles 5:4 run hard/walk easy	10 miles 5:1 run easy/walk hard	Strength/Core	5 miles 6:2 run hard/walk hard	Rest	20 miles 5:1 run easy/walk hard	Cross train
Week 16 Sept 21	5 miles 5:4 run hard/walk easy	8 miles 5:1 run easy/walk hard	Strength/Core	4 miles 6:2 run hard/walk hard	Rest	12 miles 5:1 run easy/walk hard	Cross train
Week 17 Sept 28	4 miles 4:4 run hard/walk easy	6 miles 5:1 run easy/walk hard	Strength/Core	3 miles 6:2 run hard/walk hard	Rest	8 miles 5:1 run easy/walk hard	Cross train
Week 18 Oct 5	3 miles 3:3 run hard/walk easy	4 miles 5:1 run easy/walk hard	Strength/Core	2 miles 6:2 run hard/walk hard	Rest	Rest	RACE

Team World Vision I'm a beginner. What does Run/Walk mean and how do I do it?

Many people set a goal to not walk at all during their marathon. Meanwhile, they are being passed by people who are using a run/walk strategy. Using the run/walk strategy can not only make training for a marathon a lot less scary, but it can also prepare you to complete the race within the allotted time. You will likely pass some of those hard-headed runners along the way (don't forget to encourage them as you pass them by). :)

What is pace? Pace is measured in time per mile. For example, if I run one mile in 12 minutes and 20 seconds, then I would say I run a 12:20 pace. If I run 3 miles in 30 minutes, then I run 3 miles at a 10 minute pace (I ran three miles, and ran an average of 10 minutes per mile).

How do I know my Goal Race Pace: Our goal is to get everyone across the finish line in 6 hours or less for the marathon. This means your goal race pace should be 13:40 or faster (3 minutes and 40 seconds per mile). This is the slowest pace you can do while still completing the race in the allotted time.

In order to determine your current pace, do a 5k test. This means you'll complete 3 miles as fast as you can by either running the whole time, or doing a run/walk strategy. Then use the pace predictor chart (you can also get this on our website) to determine a good goal race pace for you.

If you stick to this training plan, you'll get better as you go! So do the same 5k test every few weeks. You'll see great improvements and then may want to consider adjusting your goal race pace and your training pace.

What if I cannot currently run the minimum required race pace for even a couple of miles? Keep in mind that if you are a beginner, you will likely see a lot of improvement this year. So don't worry if your current pace is slower than you'd like it to be, or if you cannot currently hold the goal pace of 13:40 per mile for your long runs. Stick to the plan, and you will get there.

What is a run/walk ratio? This is the ratio of how many minutes you run and how many minutes you walk as you train and complete the race. A 5:2 ratio means that you Run for 5 minutes, and Walk for 2 minutes.

How do I determine my run/walk ratio? There are several ways to do your run/walk ratios. The goal is to make sure you are working towards an average pace that will get you to the finish line in the allotted time. You can play around with your run/walk ratios and find the one that works best for you. However, we have prescribed run/walk ratios based on a 5K test run to help you determine the ideal run/walk ratio for you.

Some run/walk ratios that have worked for others to complete the marathon in allotted time:

5:1 5 minutes running at a 12 minute pace, 1 minute walking at a 16 minute pace = 12:40 minute/mile pace
5:2 5 min. at 12 minute pace, 2 min. at 16 minute pace = 13:08 average pace
4:2 4 min. at 12 minute pace, 2 min. at 15 minute pace = 13:00 average pace
3:1 3 min. at 12 minute pace, 1 min. at 16 minute pace = 13:00 average pace
2:2 2 min. at 11 minute pace, 2 min. at 16 minute pace = 13:30 average pace

If you have access to a treadmill: A treadmill is a great place to start to get a feel for your running and walking pace. Here is what each pace looks like on a treadmill:

12 minute pace = speed 5 on a treadmill
13 minute pace = 4.6 on the treadmill
14 minute pace = 4.3
15 minute pace = 4.0
16 minute pace = 3.75

Team World Vision Run/Walk Training Program Explanations

The Key: Don't skip workouts! This training plan is meant to get you across the finish line, but only if you stick to it. It is very important to complete each day's workout during the week and on the weekend.

Mondays: Strength and Core training are an essential part of marathon training. Strengthening your core will help your posture and decrease back pain. Strengthening other muscles will help make your long runs easier and will actually help you lose weight, if that is one of your goals. There is a great strength and core routine available at www.teamworldvision.org.

Tuesdays: Intervals: Run Hard/Walk Easy. Intervals are for feeling stronger on your runs. You will run harder and faster than you do on Saturdays, but for shorter periods of time and with longer walk breaks in between. The goal is to really push yourself on the "run hard" minutes, and walk very easy on the walk minutes.

Example: 3:3 run hard/walk easy: This means run 3 minutes as hard as you can, then walk very easy for 3 minutes. Then repeat this as many times as necessary to cover the mileage for that day.

Running faster for these shorter intervals will make your longer runs easier. The goal is to run at a pace that is considerably faster than the pace you are doing for your long runs, but to make your walk breaks much easier than other days as well.

Wednesdays: Race Pace: Run Easy/Walk Hard. Wednesdays are similar to Saturdays. Your goal is to do your run at your goal race pace, with the same run/walk ratios you plan to use on race day.

Thursdays: Longer intervals: Run Hard/Walk Hard. These will resemble the Tuesday interval workouts because you should run harder and faster than you do for your long runs. However, because you have a shorter walk break, you will not be able to run quite as fast as you do for your Tuesday run intervals. The run pace should be fast enough that you need a walk break when it is over, but that you are ready to run again when the walk break is finished.

Fridays: Rest and recovery are important! Take the day off and relax. You have a long run tomorrow.

Saturdays: The Long Run. Each week of running is finished off with "the long run". As a beginner, the long runs can seem overwhelming. But, if you stick to the training plan, you will be able to tackle them with increasing success.

The recommended run/walk ratio is 5:1, running at least at a 12 minute per mile pace for 5 minutes, and walking for 1 minute at least at a 16 minute per mile pace.

5:1 is the goal run/walk ratio. But you may not be there yet. Don't worry. Stick to the mid-week workout plan, and you will get there. Push yourself on the interval days, and watch the difference it will make on your long run days.

Sundays: Cross training. It is important to do some exercise the day after a long run. Swim, bike, or go for an easy walk.