

Marathon Training Plan



| Week | Dates | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------|------------------|---------------------------------|----------------------------------|-------------------|------------------------|--------|-------------------------|------------------|
| 1 | Jun 6 to Jun 12 | 3 miles Easy | 3 miles Easy | Strength and Core | 3 miles Hard | Rest | 5 miles Long | Cross Training |
| 2 | Jun 13 to Jun 19 | 3 miles Easy | 3 miles Easy | Strength and Core | 3 miles Hard | Rest | 6 miles Long | Cross Training |
| 3 | Jun 20 to Jun 26 | 3 miles Easy | 4 miles Easy | Strength and Core | 3 miles Hard | Rest | 6 miles Long | Cross Training |
| 4 | Jun 27 to Jul 3 | 3.1 miles 5K Test Run | 4 miles Easy | Strength and Core | 3 miles Hard | Rest | 8 miles Long | Cross Training |
| 5 | Jul 4 to Jul 10 | 3 miles Easy | 5 miles Easy | Strength and Core | 3 miles Hard | Rest | 10 miles Long | Cross Training |
| 6 | Jul 11 to Jul 17 | 3 miles Easy | 5 miles Easy | Strength and Core | 3 miles Hard | Rest | 7 miles Long | Cross Training |
| 7 | Jul 18 to Jul 24 | 3 miles Easy | 6 miles Easy | Strength and Core | 3 miles Hard | Rest | 12 miles Long | Cross Training |
| 8 | Jul 25 to Jul 31 | 3.1 miles 5K Test Run | 6 miles Goal Race Pace | Strength and Core | 4 miles Hard | Rest | 13 miles Long | Cross Training |
| 9 | Aug 1 to Aug 7 | 3 miles Easy | 7 miles Easy | Strength and Core | 4 miles Hard | Rest | 10 miles Long | Cross Training |
| 10 | Aug 8 to Aug 14 | 3 miles Easy | 7 miles Easy | Strength and Core | 4 miles Hard | Rest | 15 miles Long | Cross Training |
| 11 | Aug 15 to Aug 21 | 4 miles Easy | 8 miles Easy | Strength and Core | 4 miles Hard | Rest | 16 miles Long | Cross Training |
| 12 | Aug 22 to Aug 28 | 4 miles Easy | 8 miles Goal Race Pace | Strength and Core | 5 miles Hard | Rest | 12 miles Long | Cross Training |
| 13 | Aug 29 to Sep 4 | 5 miles Easy | 9 miles Easy | Strength and Core | 5 miles Hard | Rest | 18 miles Long | Cross Training |
| 14 | Sep 5 to Sep 11 | 5 miles Easy | 9 miles Easy | Strength and Core | 5 miles Hard | Rest | 14 miles Long | Cross Training |
| 15 | Sep 12 to Sep 18 | 5 miles Easy | 10 miles Easy | Strength and Core | 5 miles Hard | Rest | 20 miles Long | Cross Training |
| 16 | Sep 19 to Sep 25 | 5 miles Easy | 8 miles Goal Race Pace | Strength and Core | 4 miles Hard | Rest | 12 miles Long | Cross Training |
| 17 | Sep 26 to Oct 2 | 4 miles Easy | 6 miles Easy | Strength and Core | 3 miles Easy | Rest | 8 miles Long | Cross Training |
| 18 | Oct 3 to Oct 9 | 3 miles Easy | 4 miles Easy | Strength and Core | 2 miles Easy | Rest | Rest | Race Day! |

About the Plan



A plan is a lot like an alarm clock. There are days when you are so thankful it is there, reminding you of what you need to be doing. There are other days when all you want to do is avoid it. But just like an alarm clock, if you trust it, you will end up being where you need to be when you need to be there. In other words, if you follow your plan, you WILL get to the finish line of your race.

Easy (Mondays and Tuesdays)

These days are exactly what they say they are. They should be done at a comfortable, conversational pace. If you find yourself running so hard that it's impossible to talk, you are running too fast.

Strength and Core (Wednesdays)

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. Check out some of the strength training exercises at www.teamworldvision.org/training.

Hard (Thursdays)

It's important for every runner to challenge themselves at least once a week. Each Thursday, you will choose between one of these four workouts...

Fartlek - We know, it sounds funny. You alternate between a more relaxed pace and a more intense pace. Example: Run 5 minutes hard, run 5 minutes easy. Repeat until you have finished the distance for that day.

Hills - Running a hillier route can help increase your strength and speed without requiring you to run extra mileage. Hills give you more "bang" for your mile. Find a course that includes more inclines and declines than your normal run. Try to keep the same pace through the whole workout.

Tempo - Tempo runs are hard runs. Warm up, and then go for it! These runs should be at a pace that is 30-60 seconds faster per mile than your goal marathon pace. You'll be amazed at the results of pushing yourself.

Intervals - Intervals are for feeling stronger on your runs. You break down your mileage into intervals of 400 meters, 800 meters, or 1 mile. Start by doing a 5 minute warm up, then run each interval, resting for 3 to 5 minutes in between. It is very helpful to do some of these workouts on an outdoor track. However, you can also use sites like mapmyrun.com or dailymile.com to map your route.

Rest (Fridays)

Rest and recovery are important to achieving results. Take the day off, and relax.

Long (Saturdays)

Long runs are the backbone of your training. These workouts are the stepping stones that will enable you to go from being able to run 5 miles to 26.2 miles. Remember that these days are about endurance, not speed.

Cross Training (Sundays)

This is a chance to do a non-running aerobic exercise, such as swimming, biking, or any other moderately intense workout. The point is to continue improving your fitness while giving your "running" muscles a rest.

5K Test Run

Doing a 5K test run will help you determine how long it will take to complete the race. You can run an actual 5K race or find a 3.1-mile course. Time yourself as you complete the distance as fast as possible. Then use the pace-predictor chart to determine your goal race pace.

Goal Race Pace

These are days to focus on running the pace you will run during your race. You can find this pace by doing the 5K Test Run and using the pace-predictor chart.