

# Marathon Training Plan



Week	Dates	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Sep 27 to Oct 3	<b>3 miles</b> Easy	<b>3 miles</b> Easy	Strength and Core	<b>3 miles</b> Hard	Rest	<b>5 miles</b> Long	Cross Training
2	Oct 4 to Oct 10	<b>3 miles</b> Easy	<b>3 miles</b> Easy	Strength and Core	<b>3 miles</b> Hard	Rest	<b>6 miles</b> Long	Cross Training
3	Oct 11 to Oct 17	<b>3 miles</b> Easy	<b>4 miles</b> Easy	Strength and Core	<b>3 miles</b> Hard	Rest	<b>6 miles</b> Long	Cross Training
4	Oct 18 to Oct 24	<b>3.1 miles</b> 5K Test Run	<b>4 miles</b> Easy	Strength and Core	<b>3 miles</b> Hard	Rest	<b>8 miles</b> Long	Cross Training
5	Oct 25 to Oct 31	<b>3 miles</b> Easy	<b>5 miles</b> Easy	Strength and Core	<b>3 miles</b> Hard	Rest	<b>10 miles</b> Long	Cross Training
6	Nov 1 to Nov 7	<b>3 miles</b> Easy	<b>5 miles</b> Easy	Strength and Core	<b>3 miles</b> Hard	Rest	<b>7 miles</b> Long	Cross Training
7	Nov 8 to Nov 14	<b>3 miles</b> Easy	<b>6 miles</b> Easy	Strength and Core	<b>3 miles</b> Hard	Rest	<b>12 miles</b> Long	Cross Training
8	Nov 15 to Nov 21	<b>3.1 miles</b> 5K Test Run	<b>6 miles</b> Goal Race Pace	Strength and Core	<b>4 miles</b> Hard	Rest	<b>13 miles</b> Long	Cross Training
9	Nov 22 to Nov 28	<b>3 miles</b> Easy	<b>7 miles</b> Easy	Strength and Core	<b>4 miles</b> Hard	Rest	<b>10 miles</b> Long	Cross Training
10	Nov 29 to Dec 5	<b>3 miles</b> Easy	<b>7 miles</b> Easy	Strength and Core	<b>4 miles</b> Hard	Rest	<b>15 miles</b> Long	Cross Training
11	Dec 6 to Dec 12	<b>4 miles</b> Easy	<b>8 miles</b> Easy	Strength and Core	<b>4 miles</b> Hard	Rest	<b>16 miles</b> Long	Cross Training
12	Dec 13 to Dec 19	<b>4 miles</b> Easy	<b>8 miles</b> Goal Race Pace	Strength and Core	<b>5 miles</b> Hard	Rest	<b>12 miles</b> Long	Cross Training
13	Dec 20 to Dec 26	<b>5 miles</b> Easy	<b>9 miles</b> Easy	Strength and Core	<b>5 miles</b> Hard	Rest	<b>18 miles</b> Long	Cross Training
14	Dec 27 to Jan 2	<b>5 miles</b> Easy	<b>9 miles</b> Easy	Strength and Core	<b>5 miles</b> Hard	Rest	<b>14 miles</b> Long	Cross Training
15	Jan 3 to Jan 9	<b>5 miles</b> Easy	<b>10 miles</b> Easy	Strength and Core	<b>5 miles</b> Hard	Rest	<b>20 miles</b> Long	Cross Training
16	Jan 10 to Jan 16	<b>5 miles</b> Easy	<b>8 miles</b> Goal Race Pace	Strength and Core	<b>4 miles</b> Hard	Rest	<b>12 miles</b> Long	Cross Training
17	Jan 17 to Jan 23	<b>4 miles</b> Easy	<b>6 miles</b> Easy	Strength and Core	<b>3 miles</b> Easy	Rest	<b>8 miles</b> Long	Cross Training
18	Jan 24 to Jan 30	<b>3 miles</b> Easy	<b>4 miles</b> Easy	Strength and Core	<b>2 miles</b> Easy	Rest	Rest	<b>Race Day!</b>

# About the Training 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](http://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](http://mapmyrun.com) or [dailymile.com](http://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.

For more information, check out [www.teamworldvision.org/training](http://www.teamworldvision.org/training)