MARATHON TRAINING PLAN

RACE: YEAR :

MON	TUE	WED	THU	FRI	SAT	SUN
2 Miles AMRAP	3 Miles 4Min Jog/ 1Min Walk	Rest Day	2 Miles AMRAP	2 Miles 4Min Jog/ 1 Min Walk	**5 Miles**	OFF or 30 Min XT
2 Miles AMRAP	4 Miles 4Min Jog/ 1Min Walk	Rest Day	3 Miles AMRAP	2 Miles 4Min Jog/ 1 Min Walk	**6 Miles**	OFF or 30 Min XT
3 Miles 4Min Jog/ 1Min Walk	4 Mile Progression	Rest Day	3 Miles AMRAP	3 Miles 4Min Jog/ 1Min Walk	**7 Miles**	OFF or 30 Min XT
3 Miles 4Min Jog/ 1Min Walk	5 Mile Uptempo Over Hills	Rest Day	4 Miles AMRAP	3 Miles 4Min Jog/ 1Min Walk	**8 Miles**	OFF or 30 Min XT
4 Miles 4Min Jog/ 1Min Walk	5 Mile Progression	OFF or 30 Min XT	4 Miles AMRAP	4 Miles 4Min Jog/ 1Min Walk	**8 Mile Progression**	Rest Day
4 Miles AMRAP	1WU 3 Miles - 3-2 Fartlek 1CD	OFF or 30 Min XT	4 Miles AMRAP	4 Miles 4Min Jog/ 1Min Walk	**10 Miles**	OFF or 30 Min XT
4 Miles	6 Mile Uptempo Over Hills	Rest Day	4 Miles	4 Miles 4Min Jog/ 1Min Walk	**11 Miles**	OFF or 30 Min XT
4 Miles	5 Mile Progression	OFF or 30 Min XT	4 Miles + 4-6 Strides	4 Miles 4Min Jog/ 1Min Walk	**12 Miles**	OFF or 30 Min XT

If you prefer to long run on Sunday, switch your Friday run to Saturday and the Sunday Rest/XT to Friday.

TIPS

- Wear your race-day shoes, outfit, & accessories during workouts and long runs throughout your training to prevent race-day faux pas
- Experiment with different forms of hydration and nutrition on your long runs to see what settles best
- Wear a lightweight sunscreen and UPF clothing to protect your skin and keep you cooler on hot days

NOTES

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Contact Lindsey@FitnessSports.com for questions or for an individualized plan!

MARATHON CONTINUED

RACE: YEAR :

MON	TUE	WED	THU	FRI	SAT	SUN
5 Miles	1WU 4 Miles - 3-2 Fartlek 1CD	OFF or 30 Min XT	5 Miles	6 Miles + 4-6 Strides	**13 Miles**	OFF or 30 Min XT
5 Miles	7 Miles Uptemo Over Hills	OFF or 30 Min XT	5 Miles	6 Miles + 4-6 Strides	**14-15 Miles**	OFF or 30 Min XT
5 Miles	7 Mile Progression + 4-6 Strides	OFF or 30 Min XT	6 Miles	6 Miles + 4-6 Strides	**16-18 Miles**	OFF or 30 Min XT
4 Miles	7 Miles + 4-6 Strides	OFF or 30 Min XT	5 Miles	5 Miles + 4-6 Strides	**18-20 Miles**	Rest Day
4 Miles	6 Miles + 4-6 Strides	OFF or 30 Min XT	5 Miles	5 Miles + 4-6 Strides	**20-22 Miles**	Rest Day
4 Miles	6 Miles + 4-6 Strides	OFF or 30 Min XT	5 Miles	5 Miles + 4-6 Strides	**14 Mile Progression**	OFF or 30 Min XT
4 Miles	1WU 4 Miles 5-2 Fartlek 1CD	Rest Day	5 Miles	4 Miles + 4-6 Strides	**12 Miles**	Rest Day
4 Miles	5 Miles + 4-6 Strides	Rest Day	4 Miles	4 Miles	3 Mile Shakeout + 4-6 Strides	RACE DAY

If you prefer to long run on Sunday, switch your Friday run to Saturday and the Sunday Rest/XT to Friday.

TIPS

- If you choose to utilize strength training, it's best to do it immediately after you run 2-3Xs per week
- A good rule of thumb is to intake liquids every 30-45 mins on a long run & nutrition every 60 mins
- The long runs are provided as a range to factor in weather, nutrition, and personal life, which can significantly impact the distance you choose that day

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KEY TERMS

Strides

- Begin after your heartrate has slowed post-run & breathing is normal
- Generally 80-100 meters long each
- 85-90% of sprint pace, focused on good form and diaphragmatic breathing

AMPRAP

- Stands for "As Much Running As Possbile"
- Try to run the entire mileage, even if it has to be at a slower pace
- The goal is to keep the heart rate elevated for the entirety of the run
- All long runs are AMRAP
- Once you have a solid base built, all runs should be AMRAP unless stated otherwise

Uptempo Over Hills

- Pick a hilly route or utilize the incline on your treadmill
- Flat/downhill portions of your run are a walk or light jog
- Run and increase your power/pace on uphills
- If on the treadmill, alternate every 1-2 minutes with an incline of 5%

Progression

- Run begins at a light jog pace
- Pace gradually increases each half mile or so by 5-10 seconds/mile
- The goal is to get faster throughout the run and end with a HR in Zone 4

XT

- Endurance cross training
- The best options are aquajogging, swimming, cycling, and elliptical
- HR Zone 1 is listed, but can be pushed into Zones 2 or 3.

Fartlek

- Varying pace between a harder effort run & a light jog/brisk walk
- Example: 3-2 is 3 minutes at a hard effort and 2 minutes at recovery jog/brisk walk pace for the provided amount of mileage

Heart Rate Zones

- Zone 1: 50%-60% of maximum heart rate
- Zone 2: 60%-70% of maximum heart rate
- Zone 3: 70%-80% of maximum heart rate
- Zone 4: 80%-90% of maximum heart rate
- Zone 5: 90%-100% of maximum heart rate

To calculate your maximum heart rate, subract your age from the number 220.

Example: Age 40 ⟶220-40 = 180 beats per minute (can be a range of ~5-10 bpm)

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