

MARATHON TRAINING PLAN

RACE:

YEAR :

MON	TUE	WED	THU	FRI	SAT	SUN
4 Miles	3 Miles + 4-6 Strides	OFF or 30 Min XT	4 Miles	3 Miles	6 Miles	OFF or 30 Min XT
4 Miles	4 Miles + 4-6 Strides	OFF or 30 Min XT	4 Miles	3 Miles	8 Miles	OFF or 30 Min XT
4 Miles	5 Mile Progression + 4-6 Strides	OFF or 30 Min XT	5 Miles	4 Miles	10 Miles	OFF or 30 Min XT
4 Miles	5 Mile Uptempo Over Hills + 4-6 Strides	OFF or 30 Min XT	5 Miles	4 Miles	12 Miles	OFF or 30 Min XT
4 Miles	6 Mile Progression + 4-6 Strides	OFF or 30 Min XT	4 Miles	3 Miles + 4-6 Strides	8 Miles	Rest Day
5 Miles	1WU 4 Mile Tempo 1CD + 4-6 Strides	Optional 4 Miles or 30 Min XT	5 Miles	5 Miles + 4-6 Strides	12 Miles	OFF or 30 Min XT
5 Miles	1WU 5 Mile Tempo 1CD + 4-6 Strides	Optional 4 Miles or 30 Min XT	6 Miles	5 Miles + 4-6 Strides	13 Mile Progression	OFF or 30 Min XT
5 Miles	7 Miles Uptempo Over Hills	OFF or 30 Min XT	6 Miles	6 Miles + 4-6 Strides	14 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
- Look at the course aid information and choose whether you want to utilize their aid or bring your own
- If you plan to bring your own aid, practice using it during your long runs and workouts in the weeks prior

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 6 Mile Tempo 1CD + 4-6 Strides	OFF or 30 Min XT	6 Miles	6 Miles + 4-6 Strides	16 Mile Progression	OFF or 30 Min XT
5 Miles	8 Miles Uptempo Over Hills	OFF or 30 Min XT	6 Miles	6 Miles + 4-6 Strides	18 Miles	OFF or 30 Min XT
5 Miles	8 Mile Progression + 4-6 Strides	OFF or 30 Min XT	6 Miles	6 Miles + 4-6 Strides	20-22 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	16-18 Miles	Rest Day
4 Miles	7 Mile Progression + 4-6 Strides	OFF or 30 Min XT	5 Miles	5 Miles + 4-6 Strides	22-24 Miles	OFF or 30 Min XT
4 Miles	1WU 4 Mile Tempo 1CD + 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	6 Miles + 4-6 Strides	OFF or 30 Min XT	5 Miles	4 Miles + 4-6 Strides	10 Miles	Rest Day
4 Miles	5 Miles + 4-6 Strides	OFF or 30 Min XT	5 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
- Keep the runs easy on the "down weeks" - it's normal to feel extra tired while your body recovers
- 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

NOTES

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KEY TERMS

Strides

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

Progression

- Run begins at an easy warmup jog pace
- Pace gradually increases each half mile or so by 5-10 seconds/mile
- Goal pace by the last mile is tempo (see below)

Uptempo Over Hills

- Pick a hilly route or utilize the incline on your treadmill
- Flat/downhill portions of your run are an easy jog
- Uphill portions are an area to surge and increase pace!
- If on the treadmill, alternate every 1-2 minutes with an incline of 5%

Tempo

- About 90% of your expected race pace
- Should be conversational at the beginning and get more difficult as you go

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.

WU & CD

- WU = Warmup
 - Should be in Zones 1-2 at a light
- CD = Cool Down
 - Should be in Zones 1-2
- Post-warmup dynamic stretches and post cool-down static stretching will help reduce soreness and injury risk

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, subtract your age from the number 220.

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