

Novice Run/Walkers

17 and 16 weeks prior to the marathon Designed to train 3, 4 or 5 days each week (4 or 5 preferable)

Notes: If training 3 days/week, do sessions A (day 1 or 2), C (day 4) and E (day 6 or 7)

If training 4 days/week, do A, C, E and either B or D

If training 5 days/week, do A, B, C, D, E

Session

- A Day 1 15 1-min easy runs, with 1-min walks between runs (written as 15X1:00 ER w/1:00 W)
Day 2 Above workout is first workout of the week, to be done either yesterday or today
- B Day 3 If you train today, repeat the previous workout (WO)
- C Day 4 9X1:00 ER w/1:00 W + 3X2:00 ER w/2:00 W
- D Day 5 If you train today, repeat the previous WO
- E Day 6 9X1:00 ER w/1:00 W + 2X3:00 ER w/3:00 W
Day 7 Above WO was to be last of the week and was to be either yesterday or today

15 and 14 weeks prior to the marathon Designed to train 3, 4 or 5 days each week (4 or 5 preferable)

Notes: Same note as for weeks 17 and 16, above

Session

- A Day 1 4X5:00 ER w/ 5:00 W
Day 2 Above workout is first workout of the week, to be done either yesterday or today
- B Day 3 If you train today, repeat the previous WO
- C Day 4 10X2:00 ER w/2:00 W
- D Day 5 If you train today, repeat the previous WO
- E Day 6 (-15 week) 20X2:00 ER w/1:00 W
Day 6 (-14 week) 15X3:00 ER w/2:00 W
Day 7 Above WO was to be last of the week and was to be either yesterday or today

13 and 12 weeks prior to the marathon Designed for 3, 4, or 5 days/week (try for 5)

Notes: Strides (ST) are runs lasting 15-20 seconds each at a pace that is comfortably fast (not sprinting, but quick, light running – a speed you might be able to race for 1 mile). Take a minute rest between strides

Threshold pace (T) running is comfortably-hard running; a pace you think you could keep up for at least 30 minutes. Would produce about 85-90% of maximum heart rate (HR), if HR is monitored

If training 3 days/week, do A, C, E. If 4 days, do A, C, E + B or D. If 5 days, do A, B, C, D, E

Session

- A Day 1 5:00 ER + 3:00 W + 5X3:00 T pace, w/2:00 W following each T run + 10 ST
Day 2 Above workout is first workout of the week, to be done either yesterday or today
- B Day 3 If you train today, do 6X5:00 ER w/2:00 W + 6X2:00 ER w/1:00 W
- D Day 4 6X5:00 ER w/2:00 W + 6X2:00 ER w/1:00 W
- C Day 5 If you train today, repeat first WO of this week (session A, above)
- E Day 6 (-13 week) 5:00 ER + 5:00 W + 5X3:00 T w/2:00 W + 8X3:00 ER w/1:00 W
Day 6 (-12 week) 5:00 ER + 5:00 W + 4X4:00 T w/2:00 W + 16X2:00 ER w/1:00 W
Day 7 Day 6 WO was to be last of the week and could be either yesterday or today

11 and 10 weeks prior to the marathon Designed for 3, 4, or 5 days/week (try for 5)

Notes: If training 3 days/week, do A, C, E. If 4 days, do A, C, E + B or D. If 5 days, do A, B, C, D, E

During these 2 weeks try to run/walk a steady 10k (do this in a regular race if available)

Session

- A Day 1 10:00 ER + 5:00 W + 5 ST + 5:00 W + 7X4:00 ER w/2:00 W
Day 2 Above workout is first workout of the week, to be done either yesterday or today
- B Day 3 If you workout today, repeat the A workout of this week
- C Day 4 5:00 ER + 5:00 W + 20:00 ER + 5:00 W + 5:00 T + 5:00 W + 5:00 ER + 5:00 W
- D Day 5 If you train today, do 3X10:00 ER w/5:00 W (may do less than 5:00 W if desired)
- E Day 6 (-11 week) 10:00 ER + 5:00 W + 5 ST + 8X4:00 T w/2:00 W
Day 6 (-10 week) 10:00 ER + 5:00 W + 5 ST + 12X3:00 T w/1:00 W
Day 7 Day 6 WO was to be last of the week and could be either yesterday or today

9 to 6 weeks out from marathon date (try to do some training 5 days each week)

There should be 2 quality (Q) sessions each of the next 4 weeks, and these will be spelled out for each week. Try to fit these 2 Q sessions in on days that you have the most time and weather conditions are desirable, and separate these two Q days by at least 2 easy (E) days. The other 5 days of each week are to be E (easy) days and an E day can be a day off or just easy run/walk of at least 45 minutes per session.

MP stands for run/walk at the pace you plan to use for the marathon, and these sessions are good opportunities to experiment with different run/walk time ratios. T pace runs are a little faster than the run pace you will be using in the marathon (faster than MP)

<u>Week</u>	<u>1st Q day is shown below for this week</u>	<u>The week's second Q day is shown here, below</u>
<u>-9 wks</u>	Steady 2-hour RW. Try 2:00 ER w/1:00 W and/or 3:00 ER w/1:00 W	10:00 ER + 4X8:00 T w/3:00 W + 7X3:00 ER w/1:00 W
<u>-8 wks</u>	Steady 2-hr:20-min RW using 4:00 ER and 1:00 W ratio or 4:00 ER and 2:00 W ratio	10:00 ER + 3X12:00 T w/5:00 W between + 5X4:00 ER w/2:00 W between runs
<u>-7 wks</u>	Steady 2-hr:40-min RW Experiment with different ratios of R/W	10:00 ER + 5:00 W + 7X6:00 T w/1:00 W + 10:00 ER
<u>-6 wks</u>	10:00 ER + 2X10:00 T w/2:00 W	10:00 ER + 20:00 T + 10:00 W + 8X3:00 ER w/1:00 W
<u>-5 wks</u>	Steady RW of 2-hr:30-min to 3-hr. Try R/W ratios of 2/1, 3/1, 4/1, 5/1, 8/3, 10/3	10:00 ER + 5X6:00 T w/2:00 W + 5X6:00 ER w/1:00 W
<u>-4 wks</u>	10:00 ER + 2X10:00 T w/2:00 W + 90-min RW (any ratio) + 3X7:00 T w/ 3:00 W	10:00 ER + 4X10:00 T w/2:00 W + 10:00 ER
<u>-3 wks</u>	Steady RW of 3-hr to 3-hr:30-min. Use R/W ratio you plan for marathon.	10:00 ER + 5X8:00 T w/1:00 W + 10:00 ER
<u>-2 wks</u>	Steady RW of 2-hr:30-min, using race strategy R/W ratio	10:00 ER + 3X12:00 T w/2:00 W + 10:00 ER
<u>-7 days</u>	Steady 2-hr RW using race strategy	
<u>-6 days</u>	30:00 ER + 40:00 RW	
<u>-5 days</u>	10:00 ER + 4X5:00 T w/2:00 W + 10:00 ER	
<u>-4 days</u>	30:00 to 45:00 ER	
<u>-3 days</u>	30:00 ER	Feel free to take any one of these final 3 days off – maybe a travel day
<u>-2 days</u>	30:00 ER	
<u>-1 day</u>	30:00 ER	(MARATHON IS TOMORROW)

MARATHON RACE DAY TODAY