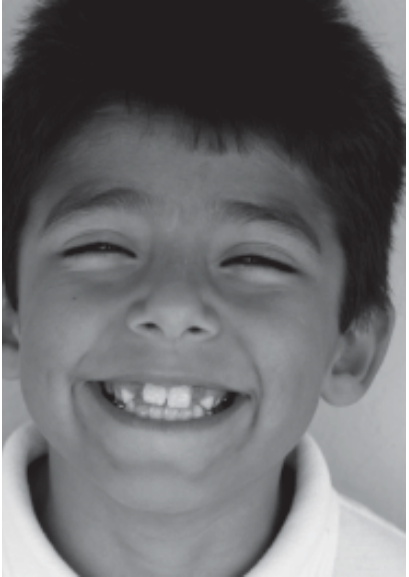




training | schedules

first timer marathon training



WEEK	SUN	MON	TUES	WED	THUR	FRI	SAT
1	rest	3	3	rest	3	rest	6
2	rest	3	3	rest	3	rest	7
3	rest	3	4	rest	3	rest	5
4	rest	3	4	rest	3	rest	9
5	rest	3	5	rest	3	rest	10
6	rest	3	5	rest	3	rest	7
7	rest	3	6	rest	3	rest	12
8	rest	3	6	rest	3	rest	13
9	rest	3	7	rest	4	rest	10
10	rest	3	7	rest	4	rest	15
11	rest	4	8	rest	4	rest	16
12	rest	4	8	rest	5	rest	12
13	rest	4	9	rest	5	rest	18
14	rest	5	9	rest	5	rest	14
15	rest	5	10	rest	5	rest	20
16	rest	5	8	rest	4	rest	12
17	rest	4	6	rest	3	rest	8
18	rest	3	4	rest	2	rest	rest

NEVER QUIT!

RUN FOR A REASON.

BELIEVE YOU CAN.

LISTTEN TO YOUR BODY.

DRINK LOTS OF WATER. 50-60% OF YOUR WEIGHT IN OUNCES

DRINK LOTS OF WATER. 50-60% OF YOUR WEIGHT IN OUNCES

ADD LIGHT STRETCHING AND CORE/AB WORK

ADD LIGHT STRETCHING AND CORE/AB WORK



first timer half marathon training

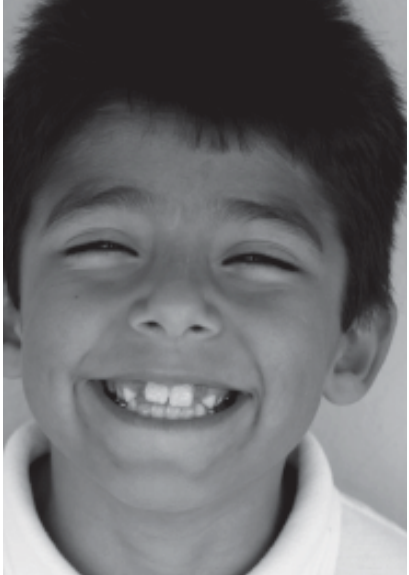


Week	Sun	Mon	Tues	Weds	Thurs	Fri	Sat
1	rest	3	5	rest	3	rest	5
2	rest	3	5	rest	3	rest	3
3	rest	3	5	rest	3	rest	5
4	rest	3	6	rest	3	rest	6
5	rest	3	6	rest	3	rest	6
6	rest	3	5	rest	3	rest	6
7	rest	4	7	rest	4	rest	7
8	rest	4	7	rest	4	rest	7
9	rest	4	5	rest	4	rest	7
10	rest	4	8	rest	4	rest	8
11	rest	5	8	rest	5	rest	8
12	rest	5	5	rest	5	rest	8
13	rest	5	8	rest	5	rest	5
14	rest	5	5	rest	5	rest	8
15	rest	5	8	rest	5	rest	5
16	rest	5	6	rest	5	rest	4
17	rest	4	5	rest	4	rest	3
18	rest	3	4	rest	rest	rest	2

LISTEN TO YOUR BODY. BELIEVE YOU CAN. RUN FOR A REASON. NEVER QUIT!

DRINK LOTS OF WATER. 50-60% OF YOUR WEIGHT IN OUNCES. ADD LIGHT STRETCHING AND CORE/AB WORK

2+full finisher marathon training



WEEK	SUN	MON	TUES	WED	THUR	FRI	SAT
1	rest	3	3	rest	3	i:vals	6
2	rest	3	3	rest	3	i:vals	7
3	rest	3	4	rest	3	hills	5
4	rest	3	4	rest	3	i:val	9
5	rest	3	5	rest	3	i:val	10
6	rest	3	5	rest	3	rest	7
7	rest	3	6	rest	3	hills	12
8	rest	3	6	rest	3	hills	13
9	rest	3	7	rest	4	i:val	10
10	rest	3	7	rest	4	hills	15
11	rest	4	8	rest	4	rest	16
12	rest	4	8	rest	5	i:val	12
13	rest	4	9	rest	5	i:val	18
14	rest	5	9	rest	5	hills	14
15	rest	5	10	rest	5	rest	20
16	rest	5	8	rest	4	hills	12
17	rest	4	6	rest	3	i:val	8
18	rest	3	4	rest	2	rest	rest

NEVER QUIT!

RUN FOR A REASON.

BELIEVE YOU CAN.

LISTTEN TO YOUR BODY.

DRINK LOTS OF WATER. 50-60% OF YOUR WEIGHT IN OUNCES

DRINK LOTS OF WATER. 50-60% OF YOUR WEIGHT IN OUNCES

ADD LIGHT STRETCHING AND CORE/AB WORK

ADD LIGHT STRETCHING AND CORE/AB WORK



2+full finisher marathon training friday augments examples

- | | | |
|---|-----------|--|
| 1 | tempo | THIS SCHEDULE WILL BE GIVEN OUT UPON REQUEST AND PASSING A TIMED CHALLENGE AND HEART RATE ASSESSEMENT. |
| 2 | intervals | |
| 3 | hills | |
| 4 | hills | |
| 5 | tempo | |
| 6 | rest | |



Hill Training

I alternate hill training with tempo runs and interval training mainly to provide some variety in training. Even though the CIM has a flat course, hill repeats can be an important part of training, because running hills will strengthen quadriceps muscles. Also, there is less impact running up a hill than running fast on the flat.

Best choice would be to substitute hill repeats for some, if not all, of the interval workouts and/or do tempo runs over a hilly course. The speed benefits of hill training are similar to those for interval training on the track. Olympic champion Frank Shorter refers to hill training as, "interval training in disguise."

We have selected hills about a quarter-mile long, but don't worry about the pitch or the exact distance.



Interval Training

In training for a marathon, long repeats (800, 1600, or even longer) generally work better than short repeats (200, 400). We will use 800 repeats for this program.

Run an 800 at faster-than-marathon pace, rest by jogging and/or walking 400, then start again. Further instructions are included in the weekly screens, but we will use "Yasso Repeats" and FARTLIKS.

Yasso suggests running '800 Repeats' using the same numbers as your marathon time. In other words, if you run a three-hour marathon, you do the 800s in three minutes. A 3:10 marathoner does 3:10 repeats; 3:20 marathoner, 3:20 repeats, etc. It seems silly, but it works.



Tempo Runs

A tempo run is a continuous run with a buildup in the middle to *near* 10-K race pace. Notice I said "near" 10-K race pace. Coach Jack Daniels defines the peak pace for tempo runs at the pace you might run if racing flat-out for about an hour. That's fairly fast, particularly if the tempo run is 45 minutes long, but you're only going to be near peak pace for 3-6 minutes in the middle of the run.

A tempo run of 30 to 40 minutes would begin with 10-15 minutes easy running, build to peak speed during the next 10-20 minutes, then finish with 5-10 minutes easy running.

walking marathon training

Week	Sun	Mon	Tues	Weds	Thurs	Fri	Sat
1	rest	3	3	cross train/core	3	stretch/core	5
2	rest	3	3	cross train/core	3	stretch/core	6
3	rest	3	3	cross train/core	4	stretch/core	4
4	rest	3	3	cross train/core	4	stretch/core	8
5	rest	4	3	cross train/core	4	stretch/core	6
6	rest	4	3	cross train/core	4	stretch/core	10
7	rest	4	3	cross train/core	4	stretch/core	8
8	rest	4	3	cross train/core	4	stretch/core	12
9	rest	4	3	cross train/core	4	stretch/core	10
10	rest	4	3	cross train/core	4	stretch/core	14
11	rest	4	3	cross train/core	4	stretch/core	12
12	rest	4	3	cross train/core	4	stretch/core	16
13	rest	4	3	cross train/core	4	stretch/core	12
14	rest	4	3	cross train/core	4	stretch/core	18
15	rest	4	3	cross train/core	4	stretch/core	12
16	rest	4	3	cross train/core	5	stretch/core	20
17	rest	3	1	cross train/core	4	stretch/core	12
18	rest	2	1	cross train/core	3	stretch/core	8

NEVER QUIT!

RUN FOR A REASON.

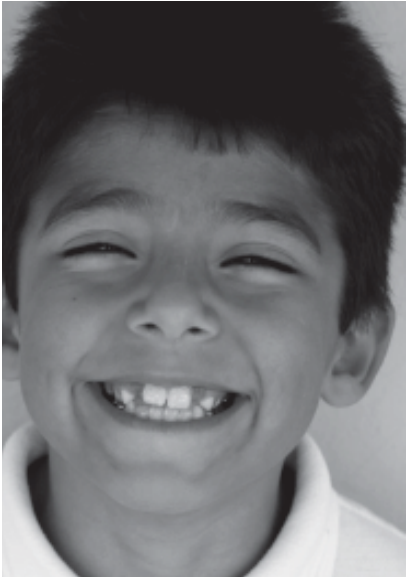
BELIEVE YOU CAN.

LISTEN TO YOUR BODY.

DRINK LOTS OF WATER. 50-60% OF YOUR WEIGHT IN OUNCES



jog | walking half marathon



Sun	Mon	Tues	Weds	Thurs	Fri	Sat
rest	3	3	cross train/core	3	stretch/core	4
rest	3	3	cross train/core	3	stretch/core	4
rest	3	3	cross train/core	3	stretch/core	4
rest	3	3	cross train/core	3	stretch/core	5
rest	3	3	cross train/core	3	stretch/core	5
rest	3	3	cross train/core	3	stretch/core	6
rest	3	3	cross train/core	3	stretch/core	6
rest	3	4	cross train/core	3	stretch/core	8
rest	3	4	cross train/core	4	stretch/core	6
rest	4	4	cross train/core	4	stretch/core	9
rest	4	4	cross train/core	4	stretch/core	6
rest	4	4	cross train/core	4	stretch/core	11
rest	4	4	cross train/core	4	stretch/core	8
rest	4	4	cross train/core	4	stretch/core	13
rest	4	4	cross train/core	4	stretch/core	8
rest	3	3	cross train/core	3	stretch/core	6
rest	2	3	cross train/core	3	stretch/core	RACE

DRINK LOTS OF WATER. 50-60% OF YOUR WEIGHT IN OUNCES ADD LIGHT STRETCHING AND CORE/AB WORK