




Marathon Training Plan

WK	DATE	MON	TUE	WEDS	THUR	FRI	SAT	SUN
Mode		Run-Easy	Cross-Training	Run-Speed/Form*	Run/Rest	Cross-Training	Endurance Run	Rest
Intensity		Moderate	Moderate	Moderate-Hard	Moderate	Moderate	Conversational Pace	
Heart Rate		65-75%	60-70%	70-80%	65-75%	65-75%	60-75%	
I-Rate		6.5-7.5	6-7	7-8	6.5-7.5	6.5-7.5	6-7.5	
1	Dec 9 - 15	40 min	30 min	40 min*	40 min	30 min	5 miles	Rest
2	Dec 16 - 22	40 min	30 min	40 min*	40 min	30 min	6 miles	Rest
3	Dec 23 - 29	40 min	30 min	40 min*	40 min	30 min	7 miles	Rest
4	Dec 30 - Jan 5	45 min	30 min	40 min*	Rest	30 min	6 miles	Rest
5	Jan 6 - 12	45 min	30 min	40 min*	45 min	30 min	8 miles	Rest
6	Jan 13 - 19	45 min	30 min	40 min*	45 min	30 min	9 miles	Rest
7	Jan 20 - 26	50 min	40 min	Tempo C Workout*	Rest	40 min	6 miles	Rest
8	Jan 27 - Feb 2	50 min	40 min	Tempo C Workout*	Rest	30 min	10 miles	Rest
9	Feb 3 - 9	50 min	40 min	40 min*	45 min	30 min	12 miles	Rest
10	Feb 10 - 16	60 min	40 min	Tempo B Workout*	Rest	40 min	6 miles	Rest
11	Feb 17 - 23	60 min	40 min	40 min*	45 min	30 min	14 miles	Rest
12	Feb 24 - Mar 2	60 min	40 min	Tempo B Workout*	Rest	40 min	8 miles	Rest
13	Mar 3 - 9	60 min	40 min	40 min*	45 min	30 min	16 miles	Rest
14	Mar 10 - 16	60 min	40 min	Tempo S Workout*	Rest	40 min	8 miles	Rest
15	Mar 17 - 23	60 min	40 min	40 min*	45 min	30 min	18 miles	Rest



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	Mode	Run-Easy	Cross-Training	Run-Speed/Form*	Run/Rest	Cross-Training	Endurance Run	Rest
	Intensity	Moderate	Moderate	Moderate-Hard	Moderate	Moderate	Conversational Pace	
	Heart Rate	65-75%	60-70%	70-80%	65-75%	65-75%	60-75%	
	I-Rate	6.5-7.5	6-7	7-8	6.5-7.5	6.5-7.5	6-7.5	
16	Mar 24 - 30	50 min	40 min	Tempo B Workout*	Rest	40 min	8 miles	Rest
17	Mar 31 - Apr 6	60 min	40 min	40 min*	45 min	30 min	20 miles	Rest
18	April 7 - 13	50 min	30 min	Tempo A Workout*	Rest	30 min	10 miles	Rest
19	April 14 - 20	40 min	30 min	Tempo B Workout*	Rest	30 min	6 miles	Rest
20	April 21 - 27	30 min	Rest	30 min	30 min	Rest	20 min	

Warmup: Walking 5 minutes at an easy pace prior to every workout.

***Form/Drills/Strides:** After the walking cooldown, perform 4 stride drills by gradually increasing your running pace for 30 seconds until a fast but controlled pace is reached, focusing on form and quick footstrike. Follow with 1 minute of easy walking. Repeat 4 times.

Heart Rate: Using a heart rate monitor, maintain a range between the prescribed percentages, e.g., 65-75% of estimated maximum heart rate.

I-Rate: Rate of perceived exertion. Rate the level of intensity by how you feel on a scale of 1-10, 1 being at rest and 10 being an all-out level. Use this system to stay in the smart training range listed in the training program, e.g. 6-7.

Tempo Speed Workout: Warm up with 5 minutes of brisk walking. Run for 10 minutes at an easy pace. Run at tempo pace for prescribed number of minutes (A, B, or C workout). Run for 10 minutes at an easy pace. Walk for 5 minutes at an easy pace to cool down.

Tempo Pace: A pace just outside your comfort zone, comfortably hard, in which you can talk in short, choppy sentences. 80% of maximum heart rate and level 8 on I-Rate scale.

Tempo A Workout: Run for 20 minutes continuously at tempo pace.

Tempo B Workout: Run for 10 minutes at tempo pace. Walk for 2 minutes briskly. Run for 10 minutes at tempo pace.

Tempo C Workout: Run for 5 minutes at tempo pace, Walk for 1 minute briskly. Repeat 3 times.

Cooldown: Walking 5 minutes at an easy pace after every workout.

Stretch: After every workout when the muscles are warm to maintain or import flexibility and prevent injuries.