

TIPS FOR TRAINING



CROSS TRAINING

Cross training - like biking, swimming, or the elliptical - at easy to moderate effort for 30 to 40 minutes. Strength training is also very beneficial to get stronger and more injury-resistant. If you're feeling sluggish or sore, take an extra rest day.

SPEED WORKOUTS

If right for you, add or sub in SPEED days - work on 400 M, 800 M and 1-mile repeats (if you're not on a track just estimate these distances). The key to getting the most out of SPEED days is to run them at race pace!

RACE PACE

The best way to set your race pace goal is to see what pace feels comfortable while running. Find a pace where you feel comfortable talking (at least a sentence) and that you can maintain for your run distance.

16 WEEK MARATHON TRAINING PLAN

"WHEN YOU EMBARK FOR STRANGE PLACES, DON'T LEAVE ANY OF YOURSELF SAFELY ON SHORE. HAVE THE NERVE TO GO INTO UNCHARTED TERRITORY." - ALAN ALDA

MONTH 1



	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	15 MIN JOG	REST	20 MIN JOG	REST	REST	25 MIN JOG	1 HR LIGHT RUN
WEEK 2	25 MIN JOG	REST	35 MIN JOG	REST	REST	30 MIN JOG	75 MIN LIGHT RUN
WEEK 3	30 MIN JOG	REST	40 MIN JOG	REST	REST	35 MIN JOG	90 MIN LIGHT RUN
WEEK 4	35 MIN JOG	REST	45 MIN JOG	REST	REST	35 MIN JOG	1 HR LIGHT JOG OR CT
WEEK 5	20 MIN RUN	REST	50 MIN JOG	REST	REST	SPEED TRAIN OVER 2 MILES	90 MIN. LIGHT JOG OR CT

MONTH 2



	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 6	25 MIN RUN	REST	55 MIN JOG	REST	REST	25 MIN RUN	1 HR LIGHT JOG OR CT
WEEK 7	30 MIN RUN	REST	30 MIN RUN	REST	30 MIN RUN	30 MIN RUN	7-8 MILE RUN
WEEK 8	35 MIN RUN	REST	1 HR JOG	REST	30 MIN RUN	35 MIN RUN	2 HR LIGHT JOG OR CT
WEEK 9	40 MIN RUN	REST	SPEED TRAIN 3 X 1 M 5 MINS REST IN BETWEEN	REST	30 MIN RUN	40 MIN RUN	8 MILE LIGHT RUN
WEEK 10	45 MIN RUN	REST	SPEED TRAIN WITH TIMED 3 M RUN	REST	30 MIN RUN	30 MIN RUN	SLOW 12 M RUN

MONTH 3



	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 11	40 MIN RUN	REST	SPEED TRAIN 3 X 1 M 5 MINS REST IN BETWEEN	REST	30 MIN RUN	30 MIN RUN	SLOW 14 M RUN
WEEK 12	35 MIN RUN	REST	SPEED TRAIN 3M RUN @ FASTER PACE	REST	30 MIN RUN	25 MIN RUN	HALF MARATHON
WEEK 13	30 MIN RUN	REST	SPEED TRAIN 3 X 1 M AIM FOR FASTER PACE	REST	30 MIN RUN	20 MIN RUN	16 M RUN WALK 5 MINS EA. HR
WEEK 14	25 MIN RUN	REST	SPEED TRAIN WITH TIMED 3 M RUN	REST	25 MIN RUN @ MARATHON PACE	20 MIN RUN	10K OR 10 M RUN
WEEK 15	20 MIN RUN	REST	30 MIN RUN @ MARATHON PACE	REST	SPEED TRAIN 2 X 1 M RUN TIMED	15 MIN RUN	1 HR RUN W/30 MINS MARATHON PACE
WEEK 16	20 MIN EASY RUN	REST	30 MIN EASY RUN	REST	REST	20 MIN JOG	 RACE DAY!