

# TIPS FOR TRAINING



## CROSS TRAINING

Taking some days to train in activities outside your usual ones will can help you improve overall agility, strength, endurance, and balance. Try picking workouts that combine strength and cardio, like your favorite cycling or bootcamp videos.

## 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.

# SEPTEMBER

SUN

MON

TUE

WED

THU

FRI

SAT

## 8 WEEK

## MARATHON TRAINING PLAN

### WEEK 1

CROSS  
TRAIN

OFF

4 MILES

OFF

4 MILES

OFF

6-10  
MILES

### WEEK 2

CROSS  
TRAIN

OFF

4 MILES

OFF

4 MILES

OFF

6-10  
MILES

# OCTOBER



"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

SUN	MON	TUE	WED	THU	FRI	SAT
<b>WEEK 3</b> CROSS TRAIN	OFF	5 MILES	OFF	5 MILES	OFF	10-14 MILES
<b>WEEK 4</b> CROSS TRAIN OR 3 MILES	OFF	5-6 MILES	OFF	5 MILES	OFF	12-16 MILES
<b>WEEK 5</b> CROSS TRAIN OR 3 MILES	OFF	6-7 MILES	OFF	5 MILES	OFF	14-18 MILES
<b>WEEK 6</b> CROSS TRAIN OR 4 MILES	OFF	7-8 MILES	OFF	6 MILES	OFF	16-18 MILES

# NOVEMBER



WHO DO YOU RUN FOR?  
#RUN4PD

SUN	MON	TUE	WED	THU	FRI	SAT
<b>WEEK 7</b> CROSS TRAIN OR 4 MILES	OFF	8-10 MILES	OFF	5 MILES	OFF	14-16 MILES
<b>WEEK 8</b> OFF	OFF	6 MILES	OFF	3 MILES	OFF	EASY 30 MINS

 **MARATHON DAY!** 

## HYDRATION TIP:

Drink lots of water throughout the day, not just race day morning! Generally you should try to drink half your body weight in ounces. Staying hydrated can also help prevent cramping during training runs and on race day.