

Gerry Duffy

Full and Half Marathon Training  
Plan



Hi,

Firstly, a big "congratulations" as by this stage you've signed up to run The East Cork Harbour Marathon on 12th August 2017! But now that you've made the commitment you might be wondering if you will succeed - believe me, you will! Whether you're already running more than twenty miles per week or if you haven't even seen a pair of running shoes in ten years, YOU can successfully train for and finish a marathon. Believe in yourself.

Before you embark on a marathon training program there is one very important item to consider: your health. It's a good idea to get a physical examination, particularly if you have not had one in several years.

Once that's out of the way, you're wondering where to start. While virtually anybody can complete a marathon with enough preparation and determination, large reservoirs of both are required. Preparing for a marathon is a big time commitment, and demands vast amounts of energy - physical, mental and emotional. The pay-off, of course, is equally enormous; enhanced fitness, strength and confidence are the treasures reaped by all marathon runners, whatever their ability.

All marathon training programs have one thing in common: lots and lots and lots of miles. The unchanging fact of the marathon is that your body has to be well prepared to endure the strain and relentless miles of the long road. You have to put the miles in the bank.

Relative to most marathon programs, the overall weekly mileage of the 20-week schedules on this plan is fairly moderate. But don't think you're getting off easy. While the overall mileage might seem o.k., the weekly long runs are... long. If you take these long runs at a sensible pace and combine them with moderate mileage during the week, these marathon programs will bring you to peak condition for race day.

Keep in mind, of course, that there is no such thing as a one-size-fits-all training program. While the schedules offered here are solid and dependable, you should feel free to tinker with them and make them your own. Adapt them to your own rhythms.

By following one of these schedules, you will develop gradually through four training phases: endurance, strength, speed (if following the more advanced schedule) and tapering. Before starting one of the programs, though, be sure you're in shape to follow the schedule. If you are not already able to run the mileage for the first week comfortably, take a few weeks to build gradually to that level, adding one mile to your long run every week. You should be able to run that pre-training schedule comfortably for four to five weeks. Then lace up, you're ready for the road!

Safe running,

Gerry

## Time to start a 20 week training plan. Some advice first...

Training for your marathon will be challenging, but should also be fun and enjoyable. Finishing a marathon is an accomplishment that less than 1% of people in the world can say they have achieved. You are about to be one of them!

Are you a beginning runner? Already a runner? Haven't run in a long time? Either way, you can finish a marathon. Reading through some of the pointers below will help you along the way.

**Motivation:** Whether you are training for a marathon or half marathon, it takes a lot more than good old determination and willpower to get you through training and the big day. Let your mind lead the way, not your body. Try to determine the big picture of why you want to do this. By the way, why do you want to do this? Don't let yourself off by stopping at your first answer! Dig deep! Why do you want to run a marathon or half marathon? When you go beyond that first answer, you will begin to realise what is really driving you. When you learn what is really driving you, then you can use that to push yourself through willpower and determination. You will build the foundation that will get your subconscious mind working for you, not against you. In short, you are in for an incredible experience.

**Wear the right gear:** Treat your feet to a good pair of running shoes as these will be your most important piece of gear. Shoes are designed to fit feet with different arches, pronation, width etc. Visit a local specialty running store to find the best shoes for your feet. A comfortable, well-fitted pair of runners will add to your enjoyment and may also prevent painful and costly injuries.

**Pre-Training:** Before you begin marathon training, you should be able to run for at least 30 minutes without stopping. Distance is not important, you just need to get your body used to running. Combinations of run/walks are great to use during pre-training because they ease your body into the exercise and minimises the chance of experiencing a running injury. See the 8 week 'Get Started' programme [below](#) for ideas.

**Avoiding Injury:** Use your non-running days to rest and recover. If you feel a niggle, back off the training for a day or two. Better to miss two days than two weeks! Ice down any soreness a few times per day for 15-20 minutes.

**Training:** Your mileage should gradually increase each week before tapering off in the final weeks leading up to the marathon to allow your body to recover from training and so you will be strong on marathon day. Having a 20-mile run under your belt will give you a major psychological advantage on marathon day.

**Stretching:** Stretching regularly should be part of your running routine. Stretching offers many benefits including helping to prevent muscular aches, pains, cramping and injury. It will also reduce the possibility of muscular fatigue and increasing the muscles efficiency/ effectiveness of movement. Although it is generally considered more important to stretch after a run than before, if you feel that you need to stretch before your run you should ideally jog or walk for 5 or 10 minutes before stretching to warm these muscles up and to get blood flowing.

Some stretch basics:

- Stretch the muscle to the point of its greatest range of motion, but do not overextend. You should feel very minimal tightness/discomfort (but not pain).
- Hold and control the stretch for at least 30 seconds (and maximum 60 seconds).
- Stretch all the major leg muscle groups (e.g., calves, hamstrings, quadriceps, groin, hip flexors).
- Stretch uniformly (after stretching one leg, stretch the other).
- Don't overstretch an injured area as this may cause additional damage

**Long Runs:** The key to the program is the long run on weekends. Consistency is most important. You can skip an occasional workout, or juggle the schedule depending on other commitments, but try not to cheat on the long runs. Notice that although the weekly long runs get progressively longer, every few weeks there is a "recovery" week, where mileage is reduced to allow you to gather strength for the next phase.

**Run Slow:** Do your long runs at a comfortable pace, one that allows you to converse with your training partners, at least during the beginning of the run. Toward the end, you may need to abandon conversation and concentrate on the act of putting one foot in front of the other to finish. However, if you find yourself finishing at a pace significantly slower than your pace in the first few miles, you probably need to start much slower, or include regular walking breaks. It's better to run too slow during these long runs, than too fast. The important point is that you cover the prescribed distance; how fast you cover it doesn't matter.

**Walking Breaks:** Walking is a perfectly acceptable strategy in trying to finish a marathon. It works during training runs too. You could walk 1 minute out of every 10, or 1 minute every mile. Walking gives your body a chance to rest, and you'll be able to continue running more comfortably.

**Cross-Training:** Cross-training is any other form of aerobic exercise that allows you to use slightly different muscles while resting (usually) after your long run. The best cross-training exercises are swimming, cycling or even walking. Cross-training for an hour will help you recover after your long runs.

**Rest:** Rest is an important component of any training program as it is during the rest period (the 24 to 72 hours between hard bouts of exercise) that the muscles actually regenerate and get stronger. Hard running (such as the long runs) allows you to improve, however, you'll find that you can't run hard unless you are well rested. If you're constantly fatigued you will fail to reach your potential. This is why rest days are vital. If you need to take more rest days - because of a cold or a late night at the office or a sick child - do so. The secret to success in any training program is consistency, so as long as you are consistent with your training during the full program, you can afford, and may benefit from, extra rest.

**Keep track:** It is advisable that you keep track of your training efforts and results during race preparation. This will allow you to analyse your improvement. Looking at your "diary" can also help with motivation.

**Taper** This is the golden rule of marathon training, which forms one of the main cornerstones of all the schedules. If you don't taper (ease off) sufficiently for the race,

you may find that you've wasted all those hard sessions. You will find that these schedules reduce your weekly and long run mileage during the final weeks to ensure that you will be fully recovered from previous workouts while at the same time be completely rested for the big event.

**Hitting the wall:** You've heard the phrase, you may have even experienced those energy-sapping effects 18 miles or so in, affectionately known as "hitting the wall". The weak legs, light-headedness and strong urge to stop are caused by a depletion of glycogen (carbohydrate stores) and an almost complete reliance on fat for fuel. While fat can power a runner for days in theory, it can't maintain the same speed and intensity as carbohydrate. Couple that with dehydration and it can bring you to a sudden and grinding halt. Fortunately, there is an effective weapon against the wall...

**Nutrition:** Understanding how nutritional status affects the body during exercise is very important. And it's not just about race day. Eating the right foods at the right time, before during and after long training sessions will compound to make your overall marathon training program that much more effective. Be sure to get the nutrition you need (carb's, proteins, unsaturated fats) to keep you strong and allow for adequate recovery. Cut down on junk food such as biscuits, sweets, soft drinks and the like. You're going to be asking a lot of your body over the coming weeks and months so you want to make sure to fuel it properly.

**Hydration:** On runs of an hour or more, carry fluids with you and consume 6-8 oz. every 20 minutes. During pre-training and marathon training it can be advisable to weigh yourself before and after each run and get your body weight back to the weight it was before the run by drinking water or sports drink within the first hours after the run. Always hydrate well - you will lose a lot of water through sweating (even if it's cold outside).

## The 'Get Me Started' Schedule

Ok, so you haven't run or jogged in ages, maybe ever years. Maybe you've never tried running before. Not too worry...the simple schedule outlined below is designed to get you fit, help you find your running mojo, and get you ready to take on the challenge of training for a **half** or **full** marathon.

### Where do I start?

Whatever your level of fitness you should comfortably be able to build from nothing to running continuously for 30 minutes in the space of eight weeks. All you need to do is make a commitment to run at least three times a week and follow this simple run-walk programme which will gradually ease you towards the goal.

A few things to bear in mind:

- Allow at least a day between runs when you begin.
- If in doubt, slow down. You should be able to hold a conversation while you run.
- Walk purposefully, and be strict with your run/walk timings.
- Don't be afraid to repeat a week, or drop back a week. Everyone's different.
- Take heart - you **will** get there!

### The 'Get me started' Schedule

| Week   | Monday | Tuesday                           | Wednesday | Thursday                          | Friday | Saturday | Sunday                            |
|--------|--------|-----------------------------------|-----------|-----------------------------------|--------|----------|-----------------------------------|
| Week 1 | Off    | 8 * Run one min, walk 90 seconds. | Off       | 8 * Run one min, walk 90 seconds. | Off    | Off      | 8 * Run one min, walk 90 seconds. |
| Week 2 | Off    | 7 * Run two mins, walk one min    | Off       | 7 * Run two mins, walk one min    | Off    | Off      | 7 * Run two mins, walk one min    |
| Week 3 | Off    | 6 * Run three mins walk one mins  | Off       | 6 * Run three mins walk one mins  | Off    | Off      | 6 * Run three mins walk one mins  |
| Week 4 | Off    | 4 * Run five mins, walk two mins  | Off       | 4 * Run five mins, walk two mins  | Off    | Off      | 4 * Run five mins, walk two mins  |
| Week 5 | Off    | 3 * Run eight mins, walk two mins | Off       | 3 * Run eight mins, walk two mins | Off    | Off      | 3 * Run eight mins, walk two mins |

|               |     |                                      |     |                                      |     |     |                                      |
|---------------|-----|--------------------------------------|-----|--------------------------------------|-----|-----|--------------------------------------|
| <b>Week 6</b> | Off | 3 * Run 12 mins, walk one min        | Off | 3 * Run 12 mins, walk one min        | Off | Off | 3 * Run 12 mins, walk one min        |
| <b>Week 7</b> | Off | Run 15 mins, walk 1 min, Run 15 mins | Off | Run 15 mins, walk 1 min, Run 15 mins | Off | Off | Run 15 mins, walk 1 min, Run 15 mins |
| <b>Week 8</b> | Off | Run 30 mins continuously             | Off | Run 30 mins continuously             | Off | Off | Run 30 mins continuously             |

**The Result:** Congratulations! You're a real runner! What next?

## 1. The Level I Schedule

This schedule is designed for anyone who isn't too fussed about how quickly they get round in, just as long as they get round. Before starting this schedule, runners should have been doing some running or walking for a few weeks. If you think that you need more conditioning before starting the program use the 'Get me started' schedule above.

Each of the runs can be carried out as a run / walk. Start off by running as far as you comfortably can and then walking for a minute or two, then repeating for the duration of the training session. As your fitness improves try to increase the length of time you spend running and reduce the length of 'walk' time.

On one of your days off you can do some cross training if you want (such as easy walking, swimming or cycling).

### Letter code:

L = long run

O = off day

SL = semi-long run

C = cross-training

R = recovery run

H = hilly run



## 1. The Level I Schedule

| Phase            | Week           | Monday      | Tuesday  | Wednesday    | Thursday  | Friday           | Saturday | Sunday       | Mileage |
|------------------|----------------|-------------|----------|--------------|-----------|------------------|----------|--------------|---------|
| <b>Endurance</b> |                | <b>C/O</b>  | <b>R</b> | <b>R/C/O</b> | <b>SL</b> | <b>R/C</b>       | <b>O</b> | <b>L</b>     |         |
|                  | <b>Week 1</b>  | Off         | 2-3      | 2-3          | 2-4       | 2-3              | Off      | 4            | 8-17    |
|                  | <b>Week 2</b>  | Off / Cross | 2-3      | 2-3          | 2-4       | 2-3              | Off      | 6            | 10-19   |
| Recovery         | <b>Week 3</b>  | Off         | 2-3      | Off          | 2-3       | 2-3              | Off      | 6            | 10-15   |
|                  | <b>Week 4</b>  | Off / Cross | 2-4      | 2-3          | 2-4       | 2-3              | Off      | 8            | 12-22   |
|                  | <b>Week 5</b>  | Off / Cross | 2-4      | 2-3          | 3-5       | 2-3              | Off      | 9            | 14-24   |
|                  | <b>Week 6</b>  | Off / Cross | 2-4      | 2-3          | 3-5       | 2-3              | Off      | 8            | 13-23   |
| Recovery         | <b>Week 7</b>  | Off         | 2-3      | Off / Cross  | 2-4       | 2-3              | Off      | 10           | 14-20   |
|                  | <b>Week 8</b>  | Off / Cross | 2-4      | 2-3          | 3-5       | 2-3              | Off      | 12           | 17-27   |
|                  | <b>Week 9</b>  | Off         | 3-5      | 2-3          | 2-4       | 8                | Off      | 5k Event     | 15-26   |
|                  | <b>Week 10</b> | Off         | 2-3      | 2-3          | 4-6       | 2-4              | Off      | 14           | 21-31   |
| Recovery         | <b>Week 11</b> | Off         | 2-4      | Off / Cross  | 3-5       | 8                | Off      | 5k Event     | 13-20   |
| <b>Strength</b>  |                | <b>C/O</b>  | <b>R</b> | <b>R/C/O</b> | <b>H</b>  | <b>R +/-or C</b> | <b>O</b> | <b>L</b>     |         |
|                  | <b>Week 12</b> | Off         | 2-4      | 2-3          | 4-6       | 2-4              | Off      | 16           | 25-32   |
|                  | <b>Week 13</b> | Off / Cross | 3-5      | 2-3          | 5-7       | 2-4              | Off      | 10           | 20-29   |
| Recovery         | <b>Week 14</b> | Off         | 3-5      | 2-3          | 5-7       | 2-3              | Off      | 1/2 Marathon | 10-18   |

|              |                |             |          |            |          |            |          |                 |       |
|--------------|----------------|-------------|----------|------------|----------|------------|----------|-----------------|-------|
|              | <b>Week 15</b> | Off         | 2-3      | 3-5        | 4-6      | 2-4        | Off      | 18.5            | 37-45 |
|              | <b>Week 16</b> | Off         | 3-6      | 2-3        | 6-8      | 3-5        | 0        | 10              | 22-32 |
|              | <b>Week 17</b> | Off / Cross | 4-6      | 2-3        | 6-8      | 3-5        | Off      | 20              | 33-42 |
| <b>Taper</b> |                |             | <b>R</b> | <b>R/O</b> | <b>R</b> | <b>R/O</b> | <b>O</b> | <b>SL</b>       |       |
|              | <b>Week 18</b> | Off         | 3-6      | 2-3        | 4-6      | 2-4        | Off      | 10              | 17-29 |
|              | <b>Week 19</b> | Off         | 3-5      | 2-3        | 3-5      | 2-3        | Off      | 7               | 13-23 |
|              | <b>Week 20</b> | Off         | 3-4      | 2-3        | 2-3      | 0-2        | 0        | <b>Marathon</b> |       |

**2. The Level II Schedule** This training plan is designed for runners that may have run a marathon before or are looking to break the 4:00 hour mark.

It is a step up in mileage and intensity from the Level I Schedule and is best suited for those who have been running at least 3-4 times per week for 30-45 minutes for at 4-6 weeks.

On one of your days off you can do some cross training if you want (such as easy walking, swimming or cycling).

**Letter code:**

L = long run

O = off day

SL = semi-long run

C = cross-training

R = recovery run

H = hilly run

## 2. The Level II Schedule...

| Phase            | Week           | Monday      | Tuesday  | Wednesday    | Thursday  | Friday     | Saturday | Sunday       | Mileage |
|------------------|----------------|-------------|----------|--------------|-----------|------------|----------|--------------|---------|
| <b>Endurance</b> |                | <i>C/O</i>  | <i>R</i> | <i>R/C/O</i> | <i>SL</i> | <i>R/C</i> | <i>O</i> | <i>L</i>     |         |
|                  | <b>Week 1</b>  | Off / Cross | 2-4      | 2-3          | 3-5       | 2-3        | Off      | 6            | 13-21   |
|                  | <b>Week 2</b>  | Off / Cross | 2-4      | 2-3          | 3-5       | 2-3        | Off      | 8            | 15-23   |
| Recovery         | <b>Week 3</b>  | Off         | 2-3      | Off / Cross  | 2-4       | 2-3        | Off      | 10           | 14-20   |
|                  | <b>Week 4</b>  | Off / Cross | 3-5      | 2-3          | 3-6       | 2-4        | Off      | 8            | 16-26   |
|                  | <b>Week 5</b>  | Off / Cross | 3-5      | 2-3          | 4-6       | 2-4        | Off      | 12           | 21-30   |
|                  | <b>Week 6</b>  | Off / Cross | 3-5      | 2-3          | 4-6       | 2-4        | Off      | 8            | 17-26   |
| Recovery         | <b>Week 7</b>  | Off         | 2-4      | 2-3          | 3-5       | 2-3        | Off      | 10           | 17-25   |
|                  | <b>Week 8</b>  | Off / Cross | 4-6      | 2-3          | 4-7       | 2-4        | Off      | 15           | 25-35   |
|                  | <b>Week 9</b>  | Off         | 4-6      | 5-7          | 3-5       | 8          | Off      | 5K Event     | 20-29   |
|                  | <b>Week 10</b> | Off         | 2-3/0    | 2-3          | 5-7       | 3-5        | Off      | 16           | 27-37   |
| Recovery         | <b>Week 11</b> | Off         | 2-4      | 2-3          | 3-5       | 10         | Off      | 5k Event     | 17-25   |
| <b>Strength</b>  |                | <i>C/O</i>  | <i>R</i> | <i>R/C/O</i> | <i>H</i>  | <i>R+C</i> | <i>O</i> | <i>L</i>     |         |
|                  | <b>Week 12</b> | Off         | 2-3/0    | 2-4          | 5-8       | 3-5        | Off      | 18           | 29-41   |
|                  | <b>Week 13</b> | Off / Cross | 5-7      | 2-4          | 6-8       | 4-6        | Off      | 10           | 25-35   |
| Recovery         | <b>Week 14</b> | Off         | 2-3      | 6-8          | 3-4       | Off        | Off      | 1/2 Marathon | 12-20   |

|              |                |             |          |            |          |            |          |                 |       |
|--------------|----------------|-------------|----------|------------|----------|------------|----------|-----------------|-------|
|              | <b>Week 15</b> | Off         | 2-3      | 2-4        | 5-7      | 2-4        | Off      | 20              | 40-47 |
|              | <b>Week 16</b> | Off         | 4-6      | 2-3        | 7-9      | 4-6        | Off      | 10              | 25-34 |
|              | <b>Week 17</b> | Off / Cross | 5-7      | 2-4        | 7-9      | 4-6        | Off      | 20              | 36-46 |
| <b>Taper</b> |                | <b>O</b>    | <b>R</b> | <b>R/O</b> | <b>R</b> | <b>R/O</b> | <b>O</b> | <b>SL</b>       |       |
|              | <b>Week 18</b> | Off         | 4-6      | 2-3        | 5-7      | 2-4        | Off      | 10              | 19-30 |
|              | <b>Week 19</b> | Off         | 3-5      | 2-3        | 4-5      | 2-3        | Off      | 7               | 14-23 |
|              | <b>Week 20</b> | Off         | 3-4      | 2-3        | 2-3      | 0-2        | Off      | <b>Marathon</b> |       |

**3. The Level III Schedule...** This schedule is designed for the intermediate runner who is aiming to finish around the 3:30 mark. If you decide to follow a program like this you should ideally have either marathon or half-marathon experience.

You should also be running 3-5 days per week covering 20-25 miles and be able to comfortably run 8 miles.

The Level III Schedule follows the same progression as the Level I and Level II Schedules, except that you begin with an 8 mile long run and peak with three 20 mile runs.

This Schedule is best suited for those who have been running at least 5-6 times per week for 45-90 minutes for at least six months.

### 3. The Level III Schedule...

| Phase            | Week           | Monday       | Tuesday    | Wednesday    | Thursday   | Friday      | Saturday   | Sunday          | Mileage |
|------------------|----------------|--------------|------------|--------------|------------|-------------|------------|-----------------|---------|
| <b>Endurance</b> |                | <i>C/O</i>   | <i>R</i>   | <i>R/C/O</i> | <i>SL</i>  | <i>R/C</i>  | <i>O</i>   | <i>L</i>        |         |
|                  | <b>Week 1</b>  | 2-3          | 3-5        | 4-6 SL       | 2-4        | 5-7         | Off        | 8               | 22-33   |
| <b>Recovery</b>  | <b>Week 2</b>  | Off          | 2-5        | 4-6 SL       | 2-4        | 4-6         | Off        | 10              | 22-31   |
|                  | <b>Week 3</b>  | 2-3          | 3-5        | 5-7 G        | 2-4        | 5-8         | Off        | 12              | 27-39   |
|                  | <b>Week 4</b>  | 2-3          | 4-6        | 5-7 G        | 2-4        | 6-8         | <i>C/O</i> | 8               | 25-36   |
|                  | <b>Week 5</b>  | 2-3          | 4-6        | 5-7 G        | 2-4        | 6-9         | Off        | 14              | 31-44   |
| <b>Recovery</b>  | <b>Week 6</b>  | Off          | 3-5        | 4-7 SL       | 3-5        | 4-7         | <i>C/O</i> | 10              | 24-34   |
| <b>Strength</b>  |                | <i>R/C/O</i> | <i>R+C</i> | <i>SL/LF</i> | <i>R+C</i> | <i>H/SL</i> | <i>C/O</i> | <i>L/G</i>      |         |
|                  | <b>Week 7</b>  | 2-3          | 4-6        | 3-4          | 7-9 H      | 5-7 R       | <i>C/O</i> | 12 G<br>(8-4)   | 31-41   |
|                  | <b>Week 8</b>  | 2-3          | 4-6        | 6-9 LF       | 3-5        | 7-9 H       | Off        | 16              | 36-48   |
| <b>Recovery</b>  | <b>Week 9</b>  | Off          | 5-7 SL     | 3-5          | 5-7 H      | <i>C/O</i>  | 10         | 5K<br>Event     | 26-34   |
|                  | <b>Week 10</b> | 3-4/0        | 5-7 SL     | 3-4          | 7-10<br>LF | 5-7 R       | Off        | 18              | 39-51   |
|                  | <b>Week 11</b> | Off          | 7-9 LF     | 3-5          | 6-9 H      | <i>C/O</i>  | 10         | 5K<br>Event     | 30-39   |
| <b>Speed</b>     |                | <i>R/C/O</i> | <i>R+C</i> | <i>SL/LF</i> | <i>R+C</i> | <i>SL</i>   | <i>C/O</i> | <i>L/G</i>      |         |
|                  | <b>Week 12</b> | 3-5/0        | 6-8 SL     | 3-5          | 8-11<br>LF | 6-8 SL      | Off        | 20              | 44-57   |
| <b>Recovery</b>  | <b>Week 13</b> | Off          | 3-5        | 6-8 SL       | 3-5        | 6-8 H       | Off        | 10              | 28-36   |
|                  | <b>Week 14</b> | 2-3          | 6X800      | 3-5          | 8-11<br>SL | 3-5         | Off        | 1/2<br>Marathon | 26-38   |

|              |                |          |          |          |            |          |          |                 |       |
|--------------|----------------|----------|----------|----------|------------|----------|----------|-----------------|-------|
|              | <b>Week 15</b> | Off      | 5-7 R    | 3-5      | 7-10 SL    | 5-7 R    | Off      | 22 L/G (15-6-1) | 53-60 |
|              | <b>Week 16</b> | Off      | 4-6      | 8-11 SL  | 3-5        | 8X800    | Off      | 10              | 34-41 |
|              | <b>Week 17</b> | Off      | 4-6      | 7-10 LF  | 3-5        | 7-9 SL   | 3-5      | 20              | 44-55 |
| <b>Taper</b> |                | <b>O</b> | <b>R</b> | <b>R</b> | <b>R/O</b> | <b>R</b> | <b>O</b> | <b>SL</b>       |       |
|              | <b>Week 18</b> | Off      | 4-6      | 4-6      | 2-4        | 10X800   | Off      | 10              | 28-36 |
|              | <b>Week 19</b> | Off      | 4-6      | 4-6 LF   | 2-4        | 3-5      | Off      | 7               | 18-17 |
|              | <b>Week 20</b> | Off      | 3-5 G    | 3-4      | 2-3        | 2-3      | 0-2      | <b>Marathon</b> |       |



## Please Note:

- Skip the group workout on the Saturday before any races longer than 10K.
- Do not perform a training workout the day after a race.

### Letter Codes

|           |                |   |
|-----------|----------------|---|
| <b>O</b>  | Off day        | Complete Off. No cross-training. Active recovery such as self massage recommended.  |
| <b>C</b>  | Cross training | Non-weight-bearing aerobic activities such as aqua-jogging, swimming, or cycling. Be sure to perform them at conversation effort for 20-40 minutes. |
| <b>R</b>  | Recovery run   | Very relaxed effort over flat terrain for short duration followed by extensive stretching routine to loosen up tight spots. Have fun!               |
| <b>SL</b> | Semi-long run  | After 2 mile warm-up (very relaxed effort), settle into conversation effort.  |
| <b>L</b>  | Long run       | After 2 mile warm-up, follow long workout pace guidelines.  |
| <b>H</b>  | Hilly run      | After 2 mile warm up, push hills at 10K effort and recover on the rest of a hilly route.  |
| <b>G</b>  | Goal pace run  | 8G (4-3-1) means go easy for 4 miles, 3 miles at goal pace, 1 mile cool-down.   |
| <b>LF</b> | Long fast run  | 7(5-1-1) means go easy for 5 miles, 1 mile at long fast pace, 1 mile cool down.   |
| <b>+</b>  | And optional   | R+C means to run or walk with the option of also cross-training (i.e. swimming)   |
| <b>/</b>  | Or             | R/C/O means to choose either a recovery run or a cross-training activity or to take the day off.  |

## **4. The Level IV Schedule...**

This schedule is designed for the advanced runner who has been running at least 4-5 times per week for 45-90 minutes for the past year or so and is aiming to finish this marathon around the 3:00 mark. If you decide to follow a program like this you should ideally have either marathon or half-marathon experience.

You should also be covering an average of 28 miles in the last 3 weeks and be able to comfortably run two 8 miles runs a week.

#### 4. The Level IV Schedule...

| Phase     | Week    | Monday          | Tuesday   | Wednesday    | Thursday     | Friday        | Saturday    | Sunday                 | Mileage |
|-----------|---------|-----------------|-----------|--------------|--------------|---------------|-------------|------------------------|---------|
| Endurance |         | O               | R+C       | G            | R+C          | SL            | R/C/O       | L/G                    |         |
|           | Week 1  |                 | 4         | 5<br>(2-1-1) | 5            | 3             | 12          | 5K<br>Event            | 30-33   |
|           | Week 2  |                 | 4/O       | 6<br>(3-2-1) | 3            | 7             | 3           | 8                      | 28-32   |
|           | Week 3  |                 | 4         | 6<br>(3-2-1) | 3            | 8             | 3           | 14                     | 35-38   |
| Recovery  | Week 4  |                 | 3         | 5 R          | C/O          | 6             | Off         | 10G<br>(6-3-1)         | 24      |
|           | Week 5  |                 | 4         | 7<br>(3-3-1) | 4            | 8             | 3           | 16                     | 39-42   |
| Strength  |         | O               | R+C       | H            | R+C          | LF            | R/C/O       | L/G                    |         |
|           | Week 6  |                 | 5         | 8            | 4            | 7<br>(5-1-1)  | 4           | 10/ Off                | 24-38   |
|           | Week 7  | 8               | 5/<br>Off | 8            | 4            | 8<br>(6-1-1)  | 3           | 18                     | 43-53   |
| Recovery  | Week 8  |                 | 3         | 6            | 3            | 6 SL          | Off         | 12G<br>(6-5-1)         | 30      |
|           | Week 9  |                 | 5         | 8            | 5            | 9<br>(6-2-1)  | 3           | 20                     | 47-50   |
|           | Week 10 |                 | 6         | 9            | 9<br>(6-2-1) | 4             | 12          | 5K<br>Event            | 28-32   |
| Recovery  | Week 11 | 4/O             | 5         | 6            | 3            | 7 SL          | Off         | 14G<br>(6-7-1)<br>/Off | 20-35   |
|           | Week 12 | 13 G<br>(5-7-1) | 6/O       | 9            | 6            | 10<br>(3-3-1) | 3           | 22                     | 53-63   |
| Speed     |         | Off             | R+C       | SF/LF        | R+C          | G             | R/C/<br>Off | L/G                    |         |
| Recovery  | Week 13 |                 | 6         | 7SF<br>6X800 | 6            | 10<br>(2-7-1) | 8           | 4 Mile<br>Event        | 37-41   |

|              |                |           |          |                |          |              |            |                  |       |
|--------------|----------------|-----------|----------|----------------|----------|--------------|------------|------------------|-------|
|              | <b>Week 14</b> | 4/<br>Off | 5        | 6LF<br>(3-2-1) | 7SL      | Off          | 10/<br>Off | 1/2<br>Marathon  | 35-40 |
|              | <b>Week 15</b> | 6/<br>Off | 5        | 8SF<br>8X800   | 6        | 8<br>(4-3-1) | 3          | 22 G<br>(17-4-1) | 50-58 |
|              | <b>Week 16</b> |           | 6        | 9LF<br>(4-4-1) | 6        | 9<br>(2-6-1) | 9          | 5K<br>Event      | 42-46 |
|              | <b>Week 17</b> | 6/<br>Off | 5        | 9LF<br>(5-3-1) | 6        | 10 SL        | 3          | 22G<br>(14-7-1)  | 53-55 |
| Recovery     |                |           | 4        | 10X800         | 3        | 5R           | Off        | 13G(2-1<br>0-1)  | 34    |
|              | <b>Week 18</b> |           | 5        | 8LF<br>(3-4-1) | 3        | 6SL          | Off        | 14G<br>(7-6-1)   | 36    |
| <b>Taper</b> |                | <b>O</b>  | <b>R</b> | <b>LF/G</b>    | <b>O</b> | <b>R</b>     | <b>O</b>   | <b>SL</b>        |       |
|              | <b>Week 19</b> |           | 4        | 7LF<br>(3-3-1) |          | 5            |            | 8                | 24    |
|              | <b>Week 20</b> |           | 4        | 5 G<br>(2-2-1) |          | 3            |            | <b>Marathon</b>  |       |

**Please Note:**

- Skip the group work out on the Saturday before any races longer than 10K.
- Do not perform a training workout the day after a race.

## Letter Codes

|           |                |  |
|-----------|----------------|--|
| <b>O</b>  | Off day        | Complete Off. No cross-training. Active recovery such as self massage recommended.   |
| <b>C</b>  | Cross training | Non-weight-bearing aerobic activities such as aqua-jogging, swimming, or cycling. Be sure to perform them at conversation effort for 20-40 minutes.                            |
| <b>R</b>  | Recovery run   | Very relaxed effort over flat terrain (high school track or trail recommended) for short duration followed by extensive stretching routine to loosen up tight spots. Have fun! |
| <b>SL</b> | Semi-long run  | After 2 mile warm-up (very relaxed effort), settle into conversation effort.   |
| <b>L</b>  | Long run       | After 2 mile warm-up, follow long workout pace guidelines.   |
| <b>H</b>  | Hilly run      | After 2 mile warm up, push hills at 10K effort and recover on the Off of a hilly route.  |
| <b>G</b>  | Goal pace run  | 8G (4-3-1) means go easy for 4 miles, 3 miles at goal pace, 1 mile cool down.  |
| <b>LF</b> | Long fast run  | 7(5-1-1) means go easy for 5 miles, 1 mile at long fast pace, 1 mile cool down.  |
| <b>+</b>  | And optional   | R+C means to run or walk with the option of also cross-training (i.e. swimming)  |
| <b>/</b>  | Or             | R/C/O means to choose either a recovery run or a cross-training activity or to take the day off.   |