

Advanced Marathoner: Goal = Personal Best, Key to training = consistency

Runners should begin this program with at least 6 weeks of consistent base building of 30 miles per week
 This program is for the marathoner wanting to run as close to optimum racing speed as possible.

<u>Weeks</u> <u>Until Race</u>	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>	<u>Sun</u>	<u>Total</u>
16	rest	6 w/ 2 MP	5	6	XT	3	10	30
15	rest	6 w/ 2 MP	5	6	XT	3	12	32
14	rest	6 w/ 2 MP	5	6	XT	3	14	34
13	rest	6 w/ 2 MP	5	6	XT	3	15	35
12	rest	4 x 1 mile T	6	7 MP	XT	5k race	16	36
11	rest	4 x 1 mile T	6	8	XT	4	18	42
10	rest	6 w/ 2 T	6	8	XT	4	15	39
9	rest	6 w/ 3 T	6	8 MP	XT	4	20	44
8	rest	6 MP	6	8	XT	5 or 10k race	15	41
7	rest	4 x 1 mile T	6	10	XT	5	18	45
6	rest	4 x 1 mile T	6	12 MP	XT	4	22	50
5	rest	8 MP	6	14	XT	5	14	47
4	rest	6 w/ 3 T	6	10 MP	XT	4	22	48
3	rest	10 MP	5	8	XT	3	13	39
2	rest	3 T/ 3 MP	2	6	XT	3	10	27
1	rest	4 w/ 2 MP	2	3	rest	2	26.2	37

MP: Your goal marathon pace per mile. This run gets your body used to running that pace on race day.
example: 6 w/ 2 MP = a six mile run with the middle two miles run at MP

T: Tempo run: pace should be :30 - :45 sec faster than MP. This faster running will make MP seem easier.
example: "4 x 1 mile T" = After 2 easy warmup miles run 1 mile at tempo pace, jog easy for 2:00 and repeat. end the run with 2 easy cooldown miles. This run will total 6 miles.
example # 2: "6 w/ 3T" = 6 miles with middle 3 at T pace.

Rest days mean rest and recover. Let your body heal from the Sunday long run.
 Fridays XT (cross-training) day can be changed to a rest day if needed. Getting to the weekly long run healthy is most important.
 What is "cross-training?" Any low-impact activity, including weight training, swimming, cycling, or walking.
 Try to find a park or trail for some of your miles. Every mile you can run off the pavement saves some wear and tear on joint and muscles.

Long Run: The key to marathon success. *Some portion of your long run should include MP running.* The last 30 min. of a long run is a good time to teach your body to handle MP.
 Practice your race day hydration by carrying a water bottle or by leaving fluids along your planned route.
 Energy gels and performance drinks should be tested on these long runs to see how your stomach will react.
 Pace should be easy and manageable. The total time spent moving is more important than pace.
 There are tremendous physical and mental benefits from successfully completing your long runs.
 Be sure and rehydrate and refuel after your long run. An ice bath for your legs will speed healing and reduce inflammation.
 Lying on the couch for several hours after a long run is NOT a good idea. Muscles and joints will stiffen and the next morning will be even worse. Keep moving throughout the rest of your day.