

# Marathon -- Advanced Training Guide



So you're a marathon expert... then this training plan is for you!

Keep in mind everyone's life outside of running is different, so if Wednesday is not a good day for you then make it Thursday and take your day-off on Wednesday. If Sunday is not a good day for a long run do it Saturday. You get the idea!

The important thing is getting all of the week's mileage completed,  
not necessarily doing it on the exact day it's assigned.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pre-Training							10-12miles long run
Week One	6-8 miles or Rest	4-6 miles	4 miles 8x 30 sec. pickups w/ 2 min. recovery	Cross Train or Rest	6-8 miles	4-6 miles	12 miles long run
Week Two	6-8 miles or Rest	4-6 miles	4 miles 8x 30 sec. uphill w/ 2 min. recovery	Cross Train or Rest	5 miles @ goal pace	4-6 miles	12-14 miles long run
Week Three	6-8 miles or Rest	4-6 miles	5 miles 8x 45 sec. pickups w/ 2 min. recovery	Cross Train or Rest	6-8 miles	4-6 miles	14-16 miles long run
Week Four	6-8 miles or Rest	4-6 miles	5 miles 10x 1 min. uphill w/ 2 min. recovery	Cross Train or Rest	6 miles @ goal pace	4-6 miles	14-16 miles long run

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week Five	6-8 miles or Rest	4-6 miles	6 miles 8x 90 sec. pickups w/ 2 min. recovery	Cross Train or Rest	6-8 miles	4-6 miles	8 miles @ goal pace
Week Six	6-8 miles or Rest	4-6 miles	6 miles	Cross Train or Rest	6-8 miles	4-6 miles	16-18 miles long run
Week Seven	6-8 miles or Rest	4-6 miles	6x 1 mile	Cross Train or Rest	6-8 miles	4-6 miles	16-18 miles long run
Week Eight	6-8 miles or Rest	4-6 miles	4x 1 mile	Cross Train or Rest	6-8 miles	4-6 miles	18-20 miles long run
Week Nine	6-8 miles or Rest	4-6 miles	3x 3 miles @ goal pace w/ w/ 3 min. recovery	Cross Train or Rest	6-8 miles	4-6 miles	12 miles @ goal pace
Week Ten	6-8 miles or Rest	4-6 miles	20 min @ easy pace 30 min @ goal pace 10 min @ faster pace	Cross Train or Rest	6-8 miles	4-6 miles	20 miles or 3 1/2 hrs which- ever comes first
Week Eleven	Rest	4-6 miles	5 miles @ goal pace 1 mile @ faster pace	Cross Train or Rest	3-4 miles	Rest or 6 miles	12 miles long run
Week Twelve	Rest	Cross Train or 3 miles	3x 1 mile @ goal pace w/ w/ 3 min. recovery	Rest	20 min jog	15 min jog	MO' Cowbell

## Workout Descriptions

- Each highlighted day should include at least a 10 minute warm-up run and a cool-down run
- Everyday (unless labeled otherwise) is considered an easy run or 60-75% effort level
- Long Runs help build your overall endurance and cardiovascular system and should be at a 60-70% effort level
- Marathon Goal Pace Runs should help you lock in your race pace and help you get a feel for the needed effort level of 85-92%
- Pickups are designed to get you running much faster than race pace
- Up Hills are designed to get you used to running up hills at a faster than race pace
- Cross Training is any non-running activity that gets your heart rate above 60% of max for at least 30 minutes  
Non-weight bearing activities are best. *ie: elliptical, stationary bike, rowing machine, spinning bike, etc.*