

# Marathon -- Beginner Training Guide



If MO' Cowbell is your first marathon, congratulations!  
Let the training begin...

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							6-8 miles long run
Week One	Rest or 3 miles	Cross Train or 3-4 miles	4 miles <small>6x 30 sec. pickups w/ 2 min. recovery</small>	Cross Train or Rest	4-6 miles	Rest	8-10 miles long run
Week Two	Rest or 3 miles	Cross Train or 3-4 miles	4 miles <small>6x 30 sec. uphill w/ 2 min. recovery</small>	Cross Train or Rest	4-6 miles	Rest	8-10 miles long run
Week Three	Rest or 3 miles	Cross Train or 3-4 miles	5 miles <small>6x 45 sec. pickups w/ 2 min. recovery</small>	Cross Train or Rest	4-6 miles	Rest	10-12 miles long run
Week Four	Rest or 3 miles	Cross Train or 3-4 miles	5 miles <small>6x 1 min. uphill w/ 2 min. recovery</small>	Cross Train or Rest	4-6 miles	Rest	10-12 miles long run

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week Five	Rest or 3 miles	Cross Train or 3-4 miles	5 miles <small>6x 90 sec. pickups w/ 2 min. recovery</small>	Cross Train or Rest	4-6 miles	Rest	6 miles <small>@ goal pace</small>
Week Six	Rest or 4 miles	Cross Train or 3 miles	4 miles	Cross Train or Rest	4-6 miles	Rest	12-14 miles <small>long run</small>
Week Seven	Rest or 4 miles	Cross Train or 3 miles	5 miles <small>@ goal pace</small>	Cross Train or Rest	4-6 miles	Rest	14-16 miles <small>long run</small>
Week Eight	Rest or 4 miles	Cross Train or 3 miles	5x 1 mile <small>@ goal pace w/ w/ 3 min. recovery</small>	Cross Train or Rest	4-6 miles	Rest	16-18 miles <small>long run</small>
Week Nine	Rest or 4 miles	Cross Train or 3 miles	3x 2 miles <small>@ goal pace w/ w/ 3 min. recovery</small>	Cross Train or Rest	4-6 miles	Rest	10 miles <small>@ goal pace</small>
Week Ten	Rest or 4 miles	Cross Train or 3 miles	10 min <small>@ easy pace</small> 30 min <small>@ goal pace</small> 10 min <small>@ faster pace</small>	Cross Train or Rest	4-6 miles	Rest	18-20 miles <small>or 3 1/2 hrs which- ever comes first</small>
Week Eleven	Rest	Cross Train or 3 miles	4 miles <small>@ goal pace</small> 1 mile <small>@ faster pace</small>	Cross Train or Rest	4-6 miles	Rest	8 miles <small>long run</small>
Week Twelve	Rest	Cross Train or 3 miles	2x 1 mile <small>@ goal pace w/ w/ 3 min. recovery</small>	Cross Train or Rest	20 min <small>jog</small>	15 min <small>jog</small>	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.*