



Beginner Edition

MARATHON TRAINING PLAN

**SPEED
ENDURANCE
RECOVERY**

CONQUER EVERY MILE. // // // // // // // // // //

Training Program Foundation

Each week, your training regimen will consist of three essential workout varieties, all designed to ensure you reach peak fitness, strength, and speed for your race.

Daily Runs and Recovery Sessions

Recovery is as critical as the workout itself! These sessions should be easy-paced runs that feel good and aid in high-quality recovery following intense training days. Never underestimate the importance of Recovery Runs; they are as vital as your more intense workouts.

Speed Workouts

Incorporating strength and speed work is crucial in your preparation. The training schedule introduces diverse speed exercises to enhance your quickness. Activities will range from short to long intervals, fartlek sessions, and tempo efforts.

Long Runs

Endurance sessions are key for preparing both your body and mind for the demands of race day. These will help you develop pacing and endurance, while also acquainting you with the potential physical and psychological hurdles of a race.

Rest Periods

Optimal running performance hinges on proper rest and recuperation. These periods are for you to recharge and recover. You may choose to take the entire day off, engage in strength workouts, or lift weights. It's imperative to maintain communication with your body throughout the training and adapt the plan according to your needs.



How To Use the Pace Chart

To effectively utilize this Pace Chart in your training, start by establishing a pace that best reflects your current running ability. This will be your baseline for all training paces. Here's how you can find it:

1. **Recent Race Performance:** If you have completed a 5K, 10K, Half-Marathon, or Marathon in the last 2 months use this recent time to pinpoint your corresponding row on the Pace Chart.
2. **Use a Watch or Running App:** If you haven't raced recently, a running app can track your pace over several runs. This average pace is a good indication of your daily running capability.
3. **Personal Assessment:** An honest self-assessment of your typical running pace can also serve as a starting point. Consider the pace you feel comfortable sustaining over a moderate distance.

Once you've identified your starting pace, locate it on the Pace Chart to find the corresponding paces for different distances and types of runs.

Applying Your Paces from the Chart to Your Training

For example, if your recent 10K time was 49 minutes, find the 10K time on the Pace Chart and move along that row to see your paces. Your paces would be:

- Mile Pace: 7:00
- 5K Average Mile Pace: 7:40
- 10K Average Mile Pace: 7:55
- Tempo Pace: 8:15
- Half Marathon Pace: 8:20
- Marathon Pace: 8:35
- Daily Run Pace: 9:20

Adjust your paces as your fitness improves over the training cycle. Regularly assessing your progress can help you stay on track with the appropriate paces for your workouts. Remember, consistency is key, and sticking to your paces will help prevent injury and ensure steady progress toward your marathon goal!



PACE CHART

1-Mile	5K/Avg Mile	10K/Avg Mile	Tempo	Half-Marathon/ Avg Mile	Marathon/ Avg Mile	Daily
5:00	17:05/5:30	35:45/5:45	6:05	1:18:00/6:00	2:44:00/ 6:15	7:00
5:30	18:45/6:00	39:00/6:15	6:35	1:25:00/6:30	3:0:00/6:50	7:35
6:00	20:15/6:30	42:00/6:45	7:05	1:35:00/7:15	3:15:00/7:25	8:10
6:30	22:00/7:05	45:45/7:20	7:40	1:40:00/7:35	3:30:00/8:00	8:45
7:00	23:45/7:40	49:00/7:55	8:15	1:50:00/8:20	3:45:00/8:35	9:20
7:30	25:15/8:05	52:30/8:25	8:50	1:55:00/8:45	4:00:00/9:10	9:55
8:00	27:00/8:40	55:50/9:00	9:25	2:05:00/9:30	4:15:00/9:45	10:30
8:30	28:30/9:10	59:00/9:30	9:55	2:10:00/9:55	4:30:00/10:15	11:00
9:00	30:00/9:40	62:30/10:00	10:30	2:20:00/10:40	4:45:00/10:50	11:35
9:30	31:45/10:15	66:00/10:35	11:00	2:25:00/11:05	5:00:00/11:25	12:10
10:00	33:00/10:40	69:00/11:05	11:35	2:35:00/11:45	5:15:00/12:00	12:45
10:30	35:00/11:15	72:00/11:35	12:00	2:40:00/12:10	5:30:00/12:35	13:20
11:00	36:15/11:40	75:00/12:00	12:35	2:50:00/12:55	5:40:00/13:00	13:45
11:30	38:00/12:15	78:30/12:35	13:00	2:55:00/13:15	5:50:00/13:20	14:05
12:00	39:30/12:40	81:30/13:05	13:35	3:05:00/14:05	6:00:00/13:45	14:30

Race – 16 Weeks

MONDAY	Base Build 20-min Run (Daily Pace)
TUESDAY	Base Build 25-min Run (Daily Pace)
WEDNESDAY	Speed Workout 5-min Warm-Up 22-min Fartlek: Alternate 1-min (Tempo Pace), 2-min (Daily Pace) 5-min Cool-Down
THURSDAY	Active Recovery 20-min Run (Daily Pace)
FRIDAY	REST DAY
SATURDAY	Long Run 7-mile Run (Daily Pace)
SUNDAY	REST DAY



Race – 15 Weeks

MONDAY	Base Build 25-min Run (Daily Pace)
TUESDAY	Base Build 30-min Run (Daily Pace)
WEDNESDAY	Speed Workout 5-min Warm-Up 5x [90 sec (10K Pace), 1 min Rest, 45 sec (Mile Pace)] 2 min Rest Between Sets 5-min Cool-Down
THURSDAY	Active Recovery 30-min Run (Daily Pace)
FRIDAY	REST DAY
SATURDAY	Long Run 6-mile Run (Daily Pace)
SUNDAY	REST DAY



Race – 14 Weeks

MONDAY	Base Build 30-min Run (Daily Pace)
TUESDAY	Base Build 40-min Run (Daily Pace)
WEDNESDAY	Speed Workout 1-mile Warm-Up 3x 800m (5k Pace), 2-min (Daily Pace) Between Repeats 1.5-miles (Tempo Pace), 3-min (Daily Pace) Recovery 3x 800m (5k Pace), 2-min (Daily Pace) Between Repeats 1-mile Cool-Down
THURSDAY	Active Recovery 35-min Run (Daily Pace)
FRIDAY	REST DAY
SATURDAY	Long Run 8-mile Run (Daily Pace)
SUNDAY	REST DAY



Race – 13 Weeks

MONDAY	Base Build 45-min Run (Daily Pace)
TUESDAY	Base Build 35-min Run (Daily Pace)
WEDNESDAY	Speed Workout 1-mile Warm-Up 4x 1k (5k Pace), 2-min (Daily Pace) Recovery Between Repeats 1-mile Cool-Down
THURSDAY	Active Recovery 35-min Run (Daily Pace)
FRIDAY	REST DAY
SATURDAY	Long Run 10-mile Run (Daily Pace)
SUNDAY	REST DAY



Race – 12 Weeks

MONDAY	Base Build 45-min Run (Daily Pace)
TUESDAY	Base Build 40-min Run (Daily Pace)
WEDNESDAY	Speed Workout 1-mile Warm-Up 3-miles (Tempo Pace) 1-mile Cool-Down
THURSDAY	Active Recovery 35-min Run (Daily Pace)
FRIDAY	REST DAY
SATURDAY	Long Run 10-mile Run (Daily Pace)
SUNDAY	REST DAY



Race – 11 Weeks

MONDAY	Base Build 60-min Run (Daily Pace)
TUESDAY	Base Build 40-min Run (Daily Pace)
WEDNESDAY	Speed Workout 1-mile Warm-Up 3x 1.5-miles (5k Pace), 3-min Recovery Between Repeats 1-mile Cool-Down
THURSDAY	Active Recovery 40-min Run (Daily Pace)
FRIDAY	REST DAY
SATURDAY	Long Run 12-mile Run (Daily Pace)
SUNDAY	REST DAY



Race – 10 Weeks

MONDAY	Base Build 45-min Run (Daily Pace)
TUESDAY	Base Build 40-min Run (Daily Pace)
WEDNESDAY	Speed Workout 1-mile Warm-Up 4-miles (Tempo Pace) 1-mile Cool-Down
THURSDAY	Active Recovery 40-min Run (Daily Pace)
FRIDAY	REST DAY
SATURDAY	Long Run 13.1-mile Run (Daily Pace)
SUNDAY	REST DAY



Race – 9 Weeks

MONDAY	Base Build 60-min Run (Daily Pace)
TUESDAY	Base Build 45-min Run (Daily Pace)
WEDNESDAY	Speed Workout 1-mile Warm-Up 5x 1-mile (10k Pace), 2-min (Daily Pace) Recovery Between Repeats 1-mile Cool-Down
THURSDAY	Active Recovery 45-min Run (Daily Pace)
FRIDAY	REST DAY
SATURDAY	Long Run 15-mile Run (Daily Pace)
SUNDAY	REST DAY



Race – 8 Weeks

MONDAY	Base Build 50-min Run (Daily Pace)
TUESDAY	Base Build 50-min Run (Daily Pace)
WEDNESDAY	Speed Workout 1-mile Warm-Up 3-mile (Tempo Pace) 3-mile (10k Pace) 1-mile Cool-Down
THURSDAY	Active Recovery 45-min Run (Daily Pace)
FRIDAY	REST DAY
SATURDAY	Long Run 15-mile Run (Daily Pace)
SUNDAY	REST DAY



Race – 7 Weeks

MONDAY	Base Build 50-min Run (Daily Pace)
TUESDAY	Base Build 50-min Run (Daily Pace)
WEDNESDAY	Speed Workout 1-mile Warm-Up 8x 1k (5k Pace), 2-min (Daily Pace) Recovery Between Repeats 1-mile Cool-Down
THURSDAY	Active Recovery 45-min Run (Daily Pace)
FRIDAY	REST DAY
SATURDAY	Long Run 18-mile Run (Daily Pace)
SUNDAY	REST DAY



Race – 6 Weeks

MONDAY	Base Build 50-min Run (Daily Pace)
TUESDAY	Base Build 50-min Run (Daily Pace)
WEDNESDAY	Speed Workout 1-mile Warm-Up 3x [1.5-miles (10k Pace), 3-min (Daily Pace) Recovery, 1-Mile (5k Pace), 2-min (Daily Pace) Recovery, 800m (Mile Pace), 2-min Rest] 1-mile Cool-Down
THURSDAY	Active Recovery 30-min Run (Daily Pace)
FRIDAY	REST DAY
SATURDAY	Long Run 15-mile Run (Daily Pace)
SUNDAY	REST DAY



Race – 5 Weeks

MONDAY	Base Build 70-min Run (Daily Pace)
TUESDAY	Base Build 45-min Run (Daily Pace)
WEDNESDAY	Speed Workout 1-mile Warm-Up 64-min Fartlek: Alternate 2-min (Tempo Pace), 1-min (Daily Pace) 1-mile Cool-Down
THURSDAY	Active Recovery 40-min Run (Daily Pace)
FRIDAY	REST DAY
SATURDAY	Long Run 20-mile Run (Daily Pace)
SUNDAY	REST DAY



Race – 4 Weeks

MONDAY	Base Build 50-min Run (Daily Pace)
TUESDAY	Base Build 50-min Run (Daily Pace)
WEDNESDAY	Speed Workout 800m (Mile Pace), 1-min Recovery, 1-mile Run (5k Pace), 2-min Recovery, 1.5-miles Run (10k Pace), 3-min Recovery, 1-Mile Run (5k Pace), 2-min Recovery, 800m Run (Mile Pace) 1-mile Warm-Up 1-mile Cool-Down *All Recovery is Daily Pace
THURSDAY	Active Recovery 45-min Run (Daily Pace)
FRIDAY	REST DAY
SATURDAY	Long Run 18-mile Run (Daily Pace)
SUNDAY	REST DAY



Race – 3 Weeks

MONDAY	Base Build 70-min Run (Daily Pace)
TUESDAY	Base Build 50-min Run (Daily Pace)
WEDNESDAY	Active Recovery 70-min Run (Daily Pace)
THURSDAY	Active Recovery 50-min Run (Daily Pace)
FRIDAY	REST DAY
SATURDAY	Long Run/Speed Workout 22-miles: 4-mile Warm-Up 2x [4-miles (Marathon Pace), 2-miles (Half-Marathon Pace), 1-mile (Tempo Pace)] *800m (Daily Pace) Recovery Between Distances / 1-Mile (Daily Pace) Between Sets 1- mile Cool-Down
SUNDAY	REST DAY



Race – 2 Weeks (Taper 1)

MONDAY	Base Build 45-min Run (Daily Pace)
TUESDAY	REST DAY
WEDNESDAY	Speed Workout 2-mile Warm-Up 8x 1k (5k Pace), 2-min (Daily Pace) Recovery Between Repeats 2-mile Cool-Down
THURSDAY	Active Recovery 30-min Run (Daily Pace)
FRIDAY	REST DAY
SATURDAY	Long Run 10-mile Run (Daily Pace)
SUNDAY	REST DAY



RACE WEEK! (Taper 2)

MONDAY	Base Build 30-min Run (Daily Pace)
TUESDAY	REST DAY
WEDNESDAY	Speed Workout 1-mile Warm-Up + Striders 12x [1-min Fast, 2-min Easy] 1-mile Cool-Down
THURSDAY	Active Recovery 30-min Run (Daily Pace)
FRIDAY	Active Recovery 30-min Run (Daily Pace) + Striders
SATURDAY	REST DAY
SUNDAY	RACE DAY!



