



# FULL MARATHON

## BEGINNERS TRAINING PLAN

### 18-WEEK PROGRAM

WEEK	SUN	MON	TUE	WED	THU	FRI	SAT	MILES
1	REST	3	10-20-10 FL	3	CT	REST	6	14-16
2	REST	3	5@ PACE	3	CT	REST	7	18
3	REST	3	10-25-10 FL	3	CT	REST	8	17-19
4	REST	3	5@ PACE	3	CT	REST	6	17
5	REST	3	10-30-10 FL	3	CT	REST	10	19-21
6	REST	3	6@ PACE	3	CT	REST	11	23
7	REST	4	15-25-15 FL	4	CT	REST	8	20-22
8	REST	4	6@ PACE	4	CT	REST	13	27
9	REST	4	15-30-15 FL	4	CT	REST	14	26-29
10	REST	4	7@ PACE	4	CT	REST	11	26
11	REST	5	10-25-10 TEMPO	5	CT	REST	16	29-31
12	REST	5	7@ PACE	5	CT	REST	17	34
13	REST	5	10-30-10 TEMPO	5	CT	REST	13	26-29
14	REST	5	8@ PACE	5	CT	REST	19	37
15	REST	5	15-30-15 TEMPO	5	CT	REST	20	34-37
16	REST	5	8@ PACE	5	CT	REST	12	30
17	REST	4	10-20-10 FL	4	CT	REST	8	19-21
18	REST	3	4@ PACE	3	STRETCH	REST	2	12



WE HAVE GROUP RUNS ON MONDAY AND WEDNESDAY THAT FIT THIS SCHEDULE NICELY, AS WELL AS PACED LONG RUNS ON SATURDAYS. YOU ARE ALSO WELCOME TO DROP IN ON OUR COACHED TUESDAY SPEED WORKOUTS FOR \$5 AND STRENGTH TRAINING CLASS ON THURSDAYS FOR \$12

KEY:  
FL = FARTLEK. A RUN DURING WHICH YOU ALTERNATE BETWEEN FAST AND EASY PACES. WE SUGGEST A 1 MIN HARD, 2 MINS EASY REPEATED CYCLE, AS YOU GET STRONGER TRY WORKING UP TO 3 MINS HARD, 1 MIN EASY. THE FORMAT [5-15-5] MEANS 5-MINUTE WARM-UP JOG, THEN 15-MINUTE FARTLEK, THEN 5-MINUTE COOL DOWN JOG.

CT = CROSS TRAIN. HIT THE GYM, SWIM, CYCLE, ETC. ANYTHING TO GET YOUR HEART RATE UP WITHOUT RUNNING.

@ PACE = RUN AT THE PACE YOU HOPE TO RUN YOUR HALF MARATHON.

TEMPO = RUN WHERE YOU NEGATIVE SPLIT. AKA RUN EACH MILE FASTER THAN THE LAST.