



Training Program

Week		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	25-Sep	2-5 Miles	Off	3 Miles AR	Off	3 miles AR	3 miles AR	Off
2	2-Oct	2-5 Miles	3 Miles AR	3 Miles AR	Off	3 miles AR	4 Miles AR	Off
3	9-Oct	6 Miles	2 Miles AR	3 Miles AR	Off	5 miles AR	3 miles AR	Off
4	16-Oct	5 Miles	Off	3 Miles AR w/ Strides	Off	5 miles AR	3 miles AR	Off
5	23-Oct	7 Miles	3 Miles AR	4 Miles AR	Off	5 miles AR	4 Miles AR	Off
6	30-Oct	9 Miles	4 Miles AR	4 Miles AR w/ Strides	Off	5 miles AR	5 miles AR	Off
7	6-Nov	7 Miles	3 Miles AR	3 Miles AR	Off	5 miles AR	3 miles AR	Off
8	13-Nov	9 Miles	4 Miles AR	4 Miles AR	Off	5 miles AR	5 miles AR	Off
9	20-Nov	7 Miles @AR 2 Miles @GMRP	5 Miles AR	4 Miles AR w/ Strides	Off	5 miles AR	5 miles AR	Off
10	27-Nov	10 Miles	5 Miles AR	4 Miles AR	Off	5 miles AR	5 miles AR	Off
11	4-Dec	8 Miles	4 Miles AR	3 Miles AR	Off	5 miles AR	4 Miles AR	Off
12	11-Dec	13 Miles	5 Miles AR	4 Miles AR w/ Strides	Off	5 miles AR	4 Miles AR	Off
13	18-Dec	8 Miles @AR 4 Miles @GMRP	5 Miles AR	4 Miles AR w/ Strides	Off	5 miles AR	5 miles AR	Off
14	25-Dec	14 Miles	5 Miles AR	4 Miles AR	Off	5 miles AR	5 miles AR	Off
15	1-Jan	NEW YEAR!!!	Off	5 miles AR	Off	5 miles AR	3 miles AR	Off
16	8-Jan	12 Miles	5 Miles AR	4 Miles AR	Off	5 miles AR	5 miles AR	Off
17	15-Jan	10 Miles @AR 4 Miles @GMRP	5 Miles AR	4 Miles AR w/ Strides	Off	5 miles AR	5 miles AR	Off
18	22-Jan	17 Miles	5 Miles AR	4 Miles AR	Off	5 miles AR	5 miles AR	Off
19	29-Jan	12 Miles	4 Miles AR	4 Miles AR	Off	5 miles AR	4 Miles AR	Off
20	5-Feb	15 Miles	5 Miles AR	4 Miles AR	Off	5 miles AR	5 miles AR	Off
21	12-Feb	13 Miles @AR 6 Miles @GMRP	5 Miles AR	4 Miles AR w/ Strides	Off	5 miles AR	5 miles AR	Off
22	19-Feb	18 Miles	5 Miles AR	4 Miles AR	Off	5 miles AR	5 miles AR	Off
23	26-Feb	16 Miles @AR 6 Miles @GMRP	5 Miles AR	4 Miles AR	Off	5 miles AR	5 miles AR	Off
24	5-Mar	16 Miles	5 Miles AR	4 Miles AR	Off	3 miles AR	5 miles AR	Off
25	12-Mar	12 Miles	5 Miles AR	3 Miles AR	Off	3 miles AR	3 miles AR	Off
26	19-Mar	RACE DAY!!!						

AR - Aerobic Runs: Performed at a low intensity, conversational pace

GMRP - Goal Marathon Race Pace: This is the pace you are aiming to sustain for the marathon

Strides: 6-10 X 100 meter repeats @ goal race pace w/ equal recovery

Red: Lighter week of training for recovery