

MARATHON

EASY/INTRODUCTORY TRAINING PLAN



TRAVERSE CITY
TRACK CLUB

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	30 Min Run	3 Mile Run	Cross/Rest	30 Min Run	20 Run	7 Mile Run	Rest
2	35 Min Run	4 Mile Run	Cross/Rest	35 Min Run	25 Run	8 Mile Run	Rest
3	30 Min Run	3 Mile Run	Cross/Rest	30 Min Run	20 Run	6 Mile Run	Rest
4	35 Min Run	5 Mile Run	Cross/Rest	35 Min Run	20 Pace	10 Mile Run	Rest
5	40 Min Run	6 Mile Run	Cross/Rest	40 Min Run	30 Pace	11 Mile Run	Rest
6	30 Min Run	4 Mile Run	Cross/Rest	30 Min Run	20 Run	9 Mile Run	Rest
7	40 Min Run	6 Mile Run	Cross/Rest	40 Min Run	30 Pace	13 Mile Run	Rest
8	45 Min Run	7 Mile Run	Cross/Rest	45 Min Run	35 Pace	14.5 Mile Run	Rest
9	30 Min Run	4 Mile Run	Cross/Rest	30 Min Run	25 Run	10 Mile Run	Rest
10	45 Min Run	7 Mile Run	Cross/Rest	45 Min Run	40 Pace	16 Mile Run	Rest
11	50 Min Run	8 Mile Run	Cross/Rest	50 Min Run	45 Pace	17.5 Mile Run	Rest
12	30 Min Run	5 Mile Run	Cross/Rest	30 Min Run	30 Run	14 Mile Run	Rest
13	50 Min Run	9 Mile Run	Cross/Rest	50 Min Run	45 Pace	18.5 Mile Run	Rest
14	30 Min Run	6 Mile Run	Cross/Rest	30 Min Run	35 Run	14 Mile Run	Rest
15	50 Min Run	10 Mile Run	Cross/Rest	50 Min Run	50 Pace	20 Mile Run	Rest
16	30 Min Run	6 Mile Run	Cross/Rest	30 Min Run	35 Pace	14 Mile Run	Rest
17	30 Min Run	3 Mile Run	Cross/Rest	30 Min Run	25 Pace	8 Mile Run	Rest
18	30 Min Run	30 Min Run	Rest	Rest	2 Mile Dress Rehearsal	Marathon	Rest



Definitions and Explanations

This easy/introductory training program is intended for runners who are looking to run their first Marathon. It assumes that the runner is not injured or has a recent past injury, has a solid running base and can run more than a 10K distance at any pace without walking or stopping. This program consists of Mile Runs, Min Runs, Pace Runs and Cross Training and/or Rest Days. It is a 18 week program. This program uses five active running days with one full rest day and one cross training or an additional rest day depending on the user's preference. If the runner feels they need to get more running time in, the Cross/Rest day can be substituted with a low mileage Mile Run of not more than four to five miles. An explanation of the above running types can be found below.

Mile Run:

This is a slow run that is to be run at 10 to 20 percent slower than race pace. See *the Long Slow Run Pacing Chart*. This is important since the runner needs to stay in the aerobic range to build capillaries and mitochondrial support. Doing this run too fast, introducing anaerobic effects, can diminish the benefit of this run or introduce overtraining and premature fatigue. Be sure to have fun with it.

Min Run:

This is a slow run that is to be run for the allotted time in minutes at a pace where the runner can carry on a conversation. Speed is not important with this run, just have fun with it and complete the listed minutes.

Pace:

The Min Pace or Minute Pace run is to be run at the runner's intended race pace for the event they are training for. It helps to provide muscle

memory of how the intended race pace should "feel". This is beneficial since the runner should acquire the skill to know what their pace is and to notice if it is too fast or slow through developing muscle memory without relying solely on electronic timing or pacing devices such as GPS watches in case of equipment failure.

Cross/Rest:

Cross/rest is intended for the runner to do cross training such as swimming, easy biking, or easy weight lifting (light weights and high repetitions). Cross training does not include running. If the runner needs a rest day, this can be used as a total rest day. If the runner feels they need some more running, then a Mile Run of not more than four to five miles can be substituted.

Rest:

This is a full rest day.

This does not include cross training or running. The rest day(s) is one of the most important aspects of Marathon training. It is needed to build the body back up after it has been fatigued by that current week's training regimen. Also, if the runner feels they need an extra rest day, they should take it. If the body feels overly fatigued to the point that the runner feels they need an extra rest day, they most likely do.

This training schedule is not written in stone and can be modified to meet the specific, individual requirements of the runner. It can also be modified at any point in the training to accommodate any needs that may arise from the runner's perspective. Please let us know if you have any questions, concerns, or if any modifications need to be discussed.