

# 16 Week Marathon Training Program



Weeks to Race	Week #	Saturday Date	Phase	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Totals
16	1	22-Jun	Base Building	10	Crosstrain or Rest	3	5	5	Riverfront Scramble 5K OR 3 x 800 repeats	Rest	24+
15	2	29-Jun	Base Building	11	Crosstrain or Rest	3	6 @m pace	5	3 tempo	Rest	28
14	3	6-Jul	Base Building	8	Crosstrain or Rest	3 + 4 hill repeats	6	6	4	Rest	27
13	4	13-Jul	Base Building	13	Crosstrain or Rest	3	6	6	4 tempo	Rest	32
12	5	20-Jul	Base Building	14	Crosstrain or Rest	3	7 @m pace	6	Riverfront Scramble 5K OR 5 x 800 repeats	Rest	35
11	6	27-Jul	Base Building	10	Crosstrain or Rest	3 + 5 hill repeats	8	7	5	Rest	33
10	7	3-Aug	Base Building	16	Crosstrain or Rest	4	8 @m pace	7	5 tempo	Rest	40
9	8	10-Aug	Base Building	17	Crosstrain or Rest	4	8 @m pace	8	6 x 800 repeats	Rest	43
8	9	17-Aug	Sharpening	13	Crosstrain or Rest	4 + 6 hill repeats	10	6	Riverfront Scramble 5K OR 6	Rest	39
7	10	24-Aug	Sharpening	19	Old Wethersfield 10K & 5K OR Crosstrain OR Rest	4	6	6	7 x 800 repeats	Rest	42
6	11	31-Aug	Sharpening	20	Crosstrain or Rest	5	10 @m pace	6	5 tempo	Rest	46
5	12	7-Sep	Sharpening	12	Surftown Half & 5K OR Crosstrain OR Rest	5 + 5 hill repeats	6	6	6 x 800 repeats	Rest	35
4	13	14-Sep	Sharpening	17	Crosstrain or Rest	5	10	6	6 tempo	Rest	44
3	14	21-Sep	Sharpening	20	Crosstrain or Rest	4	4 @m pace	6	5	Rest	39
2	15	28-Sep	Taper	12	Crosstrain or Rest	4	4	6	4 tempo	Rest	30
1	16	5-Oct	Taper	8	Crosstrain or Rest	3	4	6	2	Rest	23
Race Week		12-Oct	<b>Race Day!</b>	26.2							

miles @m pace = do run at goal marathon pace

hill repeats = 1 mile warmup, then find a hill that takes at least 45 seconds to run up; run up and then either walk or jog down for cooldown between repeats; finish stated mileage

tempo = start with slow 15 minute jog, then stay at a steady "comfortably hard" pace until you have 1 mile to go; do last mile at cooldown pace

800 repeats = start with 1 mile warmup and then run hard for 800 yards (roughly 1/2 mile) followed by 800 yard jog; repeat for stated number of times; 1 mile cooldown

Optional races in lieu of your scheduled run (a great way to gauge your fitness gains!). Adjust weekly mileage accordingly.