



2023 Marathon Training Program



Weeks to Race	Phase of Training	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals
16	Base Building	June 19	Rest or Crosstrain*	5 miles	5 miles	3 x 800m repeats	Full Rest Day	10 miles	3 miles	24+ miles
15	Base Building	June 26	Rest or Crosstrain	6 miles @m pace	5 miles	3 miles @ tempo	Full Rest Day	11 miles	3 miles	28 miles
14	Base Building	July 3	Rest or Crosstrain	6 miles	6 miles	4 miles	Full Rest Day	13 miles	3 miles	32 miles
13	Base Building (Recovery Week)	July 10	Rest or Crosstrain	5 miles	5 miles	3 x 800m repeats	Full Rest Day	10 miles	3 miles	24+ miles
12	Base Building	July 17	Rest or Crosstrain	7 miles @m pace	6 miles	5 x 800m repeats	Full Rest Day	14 miles	3 miles	31+ miles
11	Base Building	July 24	Rest or Crosstrain	8 miles @m pace	7 miles	5 miles @ tempo pace	Full Rest Day	16 miles	4 miles	40 miles
10	Base Building	July 31	Rest or Crosstrain	8 miles @m pace	8 miles	6 x 800m repeats	Full Rest Day	17 miles	4 miles	41+ miles
9	Base Building (Recovery Week)	August 7	Rest or Crosstrain	8 miles	7 miles	5 miles	Full Rest Day	10 miles	3 miles + 5 hill repeats	33+ miles
8	Sharpening	August 14	Rest or Crosstrain	10 miles	6 miles	6 miles	Full Rest Day	13 miles	4 miles + 6 hill repeats	39+ miles
7	Sharpening	August 21	Rest or Crosstrain	6 miles	6 miles	7 x 800m repeats	Full Rest Day	19 miles	4 miles	38+ miles
6	Sharpening	August 28	Rest or Crosstrain	10 miles @m pace	6 miles	5 miles @ tempo pace	Full Rest Day	20 miles	5 miles	46 miles
5	Sharpening (Recovery Week)	September 4	Rest or Crosstrain	6 miles	6 miles	6 x 800m repeats	Full Rest Day	12 miles	5 miles + 5 hill repeats	32+ miles
4	Sharpening	September 11	Rest or Crosstrain	10 miles	6 miles	6 miles @ tempo pace	Full Rest Day	17 miles	5 miles	44 miles
3	Sharpening	September 18	Rest or Crosstrain	4 miles @m pace	6 miles	5 miles	Full Rest Day	20 miles	4 miles	39 miles
2	Taper	September 25	Rest or Crosstrain	4 miles	6 miles	4 miles @ tempo pace	Full Rest Day	12 miles	4 miles	30 miles
1	Taper	October 2	Rest or Crosstrain	4 miles	6 miles	2 miles	Full Rest Day	8 miles	3 miles	23 miles
	Race Week	October 9	Rest or Crosstrain	4 miles	6 miles	2 miles	Full Rest Day	Race Day! 26.2 miles	Recovery - Run / Walk	38+ miles

This plan is based on the assumption that you are currently running at least 25 miles per week, at least 5 times per week, and are able to run at least 10 miles.

Note: Please consult a physician or other health care professional before starting this or any fitness program to determine if it is suitable.

Terminology

Base Building: Prepares you for your next phase of training.

Sharpening: Training specific to the race distance.

Taper: Reducing mileage before a race. Tapering helps muscles rest so that they are ready on race day.

Recovery: Walk or run at an easy to moderate intensity to get blood flowing to your muscles to help them recover.

***Rest/Crosstrain Day:** Cross training can be a 45 minute bike ride or a 20 minute swim at Relative Perceived Effort 1-2. RPE 1-2 is defined as exertion where breathing difficulty is perceived as light.

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 meter repeats = start with 1 mile warmup and then run hard for 800m (roughly 1/2 mile) followed by 800m jog; repeat for stated number of times; 1 mile cool down

Add optional races in lieu of your scheduled run (a great way to gauge your fitness gains!).

A Half Marathon can be added no later than 6 weeks prior to race day. A 10K race can be added around week 10 - 12. Adjust weekly mileage accordingly.