

Training Program - Marathon Basic

Designed for those who have at least three year's running under their belt.

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Before beginning this program a runner should have at least three year's running under their belt. If this program looks too strenuous for you, perhaps you should train for shorter races and wait a little while before trying to tackle a marathon. Running can be a lifetime activity and a stepwise progression of goals can be the best way to realize all your potential.

The program outlined below is not one that will get you from no running to running a marathon in 4 months. We don't think that this is a healthy way to run a marathon. Many may disagree with us, but we think it is better to get some solid training under your belt, practice racing shorter distances to learn what your body can handle, and then try running a marathon. This approach gives you a greater likelihood of reaching the finish line uninjured, and you will also most likely enjoy the race more. The program presented below is what we believe to be the best for your present and future success as a runner and a marathoner. If for some reason you feel you need to run a marathon sooner, you will have to research a program that gives you guidelines for your quest. There are many books and articles available on the subject. Visit the **Running Times Bookstore** for some ideas.

If this program is too easy for you, see the Advanced Marathon Program. If the advanced program is still too easy, get a coach and personalize the program. Good long term coach athlete relationships are the primary ingredient for successful running.

Do the workouts at the effort that is prescribed; going harder is not necessarily better. Mileage days and long runs should be under 70% of maximum heart rate, truly conversational pace unless otherwise noted. The use of a heart rate monitor is highly recommended.

All workouts are in miles, unless otherwise noted.

	Mon	<u>Tues*</u>	Wed	<u>Thurs**</u>	Fri	Sat	Sun
Week 1	6	WO1	6	AT1	6	15	off
Week 2	6	WO2	8	AT2	6	18	off
Week 3	6	WO3	8	6	4	race (5K)	off

Week 4	6	12	8	AT3	6	20	off
Week 5	6	WO4	8	12	6	AT4	off
Week 6	6	WO5	8	6	4	race 10K	off
Week 7	6	12	8	AT5	6	23	off
Week 8	6	WO6	8	AT6	6	18	off
Week 9	6	WO7	8	12	off	AT7	off
Week 10	6	WO8	8	6	4	race 5K	off
Week 11	6	10	off	WO9	off	AT8	10
Week 12	off	WO10	off	6	off	3	Marathon

Strides: You should do 6-8 times 100 yards at stride effort three times per week.

Warm Up: Warm up at least 15-20 minutes before a speed workout or race. Most of it should be easy but as the body warms up the pace can be increased so that when it is time to do the repetitions the body is ready. Jog 10-20 minutes after the completion of the repetitions to cool down.

AT = Anaerobic Threshold workouts. These workouts are often called LA (Lactic acid) runs or tempo runs and should be done at your anaerobic threshold. Magazine and much research reports this to be at 85% of maximum heart rate but the reality is that it varies considerably for individuals. Frank Shorter was reported to be able to run in the low 90%'s, for most of us it is probably between 77% and 85%. This is one of the numbers that is worth getting tested.

Tuesday (and one Thursday) Speed Workouts (WO):

WO1 = 12 x 400 @ 85-90% with 200 jog recovery.

WO2 = 5 x 800 @ 85 - 95% with 400 jog recovery.

WO3, 5, & 8 = 15 x 200 @ 85% with 200 jog recovery.

WO4 = 4 x 1200 @ 85-95% with 400 jog recovery.

WO6 & 9 = 15 x 300 @ 85-95% with 100 jog recovery.

WO7 = 3 x mile @ 85 - 95% with 400 jog recovery.

WO10 = 3 x 200 @ 85 - 90% with 200 jog recovery (400 jog after the last one) followed by 3 x 800 @ 85% with 400 jog recovery.

Thursday or Saturday Anaerobic Threshold (AT) Workouts:

AT1 = 3 x mile @ 77 to 85% with 2 to 3 minutes jog recovery.

AT2 = 2 x 1 and 1/2 miles @ 77 to 85% with 2 to 3 minutes recovery.

AT3, 5, & 9 = 5 x 800 @ 77 - 85% with 2 to 3 minutes recovery.

AT4 & 7 = 18 mile run: Miles 1 to 10 at under 70%, miles 11 to 16 at marathon goal pace. Miles 17 and 18 are cool down miles.

AT6 = 20 x 400 @ 77 to 85% with one minute jog rest. Be careful with this as the temptation will be to do them like a quarter workout while the goal is to run slightly faster than usual AT pace without going over the high end. This is made possible through the use of shorter repetitions.

AT8 = 3 x mile at marathon goal pace, 2 to 3 minute jog recovery.

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