

FULL MARATHON- LEVEL I

Your goal: Complete a marathon / Be able to run 26.2 miles with minimal breaks; approximately 4-6 hours.

Prerequisite: You've been walking or engaging in some other some other aerobic activity / workouts at least three times a week for four weeks before getting started.

Schedule: 3-4 runs per week including one long run, plus 2-3 days of crosstraining, for 16 weeks

KEY:

:45 = 45 minutes; :60 = 60 minutes; ; refers to number of minutes

Core Strength Training (CST): Strength activities that focus on CORE strength. i.e. Pilates, The Daily Method, The Barre Method, etc.

Core Exercises (CE): Strength exercises taken from above activities, but can be done without much/any equipment. Create 10, 20 and 30-minute routines to work core.

Core Circuit (CC): easy run warm-up, brisk run (400m, 800m, etc), 2-4 core exercises, brisk run, core exercises, , etc. Repeat 10-20 core exercises and run ~2 miles of speed in between. Easy run cool-down.

Cross Training (CT): Yoga, swimming, walking/hiking, biking/spinning, elliptical trainer, etc. Although all of these activities are non-impact activities compared to running, yoga, swimming, biking/spinning, and elliptical trainer are ideal non-impact cross training activities.

	monday	tuesday	wednesday	thursday	friday	saturday	sunday	options
week 1	CC or 3-4 miles easy running +CE	:30-:60 CT	3-4 miles + stretching	:30-:60 CST	OFF	4-6 miles + stretching	Movement! :30- :60 non-impact CT	
week 2	CC or 3-4 miles easy running +CE	:30-:60 CT	3-4 miles + stretching	:30-:60 CST	OFF	6-8 miles + stretching	Movement! :30- :60 non-impact CT	
week 3	CC or 3-4 miles easy running +CE	:30-:60 CT	3-6 miles + stretching	:30-:60 CST	OFF	8-10 miles + stretching	Movement! :30- :60 non-impact CT	5k race op- tion in lieu of long run
week 4	CC or 3-4 miles easy running +CE	:30-:60 CT	3-6 miles + stretching	:30-:60 CST	OFF	10-14 miles + stretching	Movement! :30- :60 non-impact CT	
week 5	CC or 3-4 miles easy running +CE	:30-:60 CT	3-6 miles + stretching	:30-:60 CST	OFF	6-8 miles steady	Movement! :30- :60 non-impact CT	

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	monday	tuesday	wednesday	thursday	friday	saturday	sunday	options
week 6	CC or 3-4 miles easy running +CE	:30-:60 CT	3-6 miles + stretching	:30-:60 CST	OFF	12-16 steady	Movement! :30- :60 non-impact CT	
week 7	CC or 3-4 miles easy running +CE	:30-:60 CT	3-6 miles + stretching	:30-:60 CST	OFF	8-10, pick up last 2 miles (optional)	Movement! :30- :60 non-impact CT	10k race option
week 8	CC or 3-4 miles easy running +CE	:30-:60 CT	3-6 miles + 6 strides + stretch- ing	:30-:60 CST	OFF	14-18 steady	Movement! :30- :60 non-impact CT	
week 9	CC or 3-4 miles easy running +CE	:30-:60 CT	3-6 miles + 6 strides + stretch- ing	:30-:60 CST	OFF	8 miles easy run- ning	Movement! :30- :60 non-impact CT	
week 10	CC or 3-4 miles easy running +CE	:30-:60 CT	3-6 miles + 6 strides + stretch- ing	:30-:60 CST	OFF	16-20 steady	Movement! :30- :60 non-impact CT	
week 11	CC or 3-4 miles easy running +CE	:30-:60 CT	3-6 miles + 6 strides + stretch- ing	:30-:60 CST	OFF	8-10, pick up last 2 miles	Movement! :30- :60 non-impact CT	5k race option

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	monday	tuesday	wednesday	thursday	friday	saturday	sunday	options
week 12	CC or 3-4 miles easy running +CE	:30-:60 CT	3-6 miles + 6 strides + stretch- ing	:30-:60 CST	OFF	18-22 miles steady	Movement! :30- :60 non-impact CT	
week 13	OFF	:30-:45 CT	3-4 miles + 6 strides + stretch- ing	:30-:45 CST	OFF	6-8 miles, picking up pace for last 2 miles	Movement! :30- :60 non-impact CT	5k race option
week 14	CC or 3-4 miles easy running +CE	:20-30 CT	3-4 miles + 6 strides + stretch- ing	:15-:30 CST	OFF	4-6 miles + 6 strides	Movement! :30- :60 non-impact CT	
week 15	OFF	:20-:30 CT	3-4 miles + 6 strides + stretch- ing	:15-:30 CST	OFF	Easy :20-:30 + 6 strides	Full Marathon	

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