

# FULL MARATHON- LEVEL II

**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
<b>week 1</b>	:30-:60 CT -or- 4-6 miles easy running -or- OFF	4-6 miles easy running + CE -or- 5 x 800m at goal 5k pace, 400m recovery.	4-6 miles + stretching	4-6 miles easy run + :30-:60 CST	:30-:60 CT -or- 4-6 miles easy running -or- OFF	6-10 miles + stretching	4 – 6 mile recovery run -8/or- Movement! :30-:60 non-impact CT	
<b>week 2</b>	:30-:60 CT -or- 4-6 miles easy running -or- OFF	CC or 4-6 miles easy running + CE -or- 5-6 x 800m at goal 5k pace, 400m recovery.	4-6 miles + stretching	4-6 miles easy run + :30-:60 CST	:30-:60 CT -or- 4-6 miles easy running -or- OFF	8-12 miles + stretching	4 – 6 mile recovery run -8/or- Movement! :30-:60 non-impact CT	
<b>week 3</b>	:30-:60 CT -or- 4-6 miles easy running -or- OFF	CC or 4-6 miles easy running + CE -or- 4-6 sets of 400m @ 5k pace, 1min recovery, 800m @ 5k pace, 400m recovery.	4-7 miles + stretching	4-6 miles easy run + :30-:60 CST	:30-:60 CT -or- 4-6 miles easy running -or- OFF (esp. if racing)	10-12 miles + stretching	4 – 6 mile recovery run -8/or- Movement! :30-:60 non-impact CT	10k race option in lieu of long run
<b>week 4</b>	:30-:60 CT -or- 4-6 miles easy running -or- OFF	CC or 4-6 miles easy running + CE -or- 4-5 x 800/300 (800m @ 5k pace, 100m recovery, 300m fast & sharp; 400m recovery)	4-7 miles + stretching	4-6 miles easy run + :30-:60 CST	:30-:60 CT -or- 4-6 miles easy running -or- OFF (esp. if racing)	10-14miles, with last 2 miles faster (optional)	4 – 6 mile recovery run -8/or- Movement! :30-:60 non-impact CT	
<b>week 5</b>	:30-:60 CT -or- 3-4 miles easy running -or- OFF	6-8 x 800m @ goal 5k pace, 400m recovery -or- 4-6 miles easy running + CE	4-7 miles + stretching	:10 warm-up, :30-:45 at Marathon Pace, :10 cool-down -or- 4-6 miles easy run	:30-:60 CT -or- 3-4 miles easy running -or- OFF	8-10 miles steady	3-4 mile recovery run -8/or- Movement! :30-:60 non-impact CT	

\*\*\* Always consult with your physician before beginning any new exercise regime or training schedule.



# FULL MARATHON- LEVEL II

	monday	tuesday	wednesday	thursday	friday	saturday	sunday	options
<b>week 6</b>	:30-:60 CT -or- 4-6 miles easy running -or- OFF	3-4 miles in/out 400s. (400m @ 5k pace, 400m @5k pace + 20seconds per lap, repeat) -or- 4-6 miles easy running + CE	4-7 miles + stretching	4-6 miles easy run + :30-:60 CST -or- 3-4 x 1/2 mile climb, ~10-12% grade.	:30-:60 CT -or- 4-6 miles easy running -or- OFF	12-16 steady	4 – 6 mile recovery run –&/or- Movement! :30-:60 non-impact CT	
<b>week 7</b>	:30-:60 CT -or- 4-6 miles easy running -or- OFF	4-5 x 600/400 (600m @ goal 5k pace, 200m recovery, 400 @ 3k pace, full 400m recovery) -or- 4-6 miles easy running + CE	4-7 miles + stretching	4-6 miles easy run + :30-:60 CST -or- 1 mile @ goal 1/2 Marathon pace, 4 x 400m @ 5k pace, 200m recovery	:30-:60 CT -or- 4-6 miles easy running -or- OFF (esp. if racing)	10-12 miles, pick up last 2 miles (optional)	4 – 6 mile recovery run –&/or- Movement! :30-:60 non-impact CT	10mile or 1/2 marathon race option
<b>week 8</b>	:30-:60 CT -or- 4-6 miles easy running -or- OFF	5-6 miles EASY (if raced previous weekend) -or- 4-5 x 1200 @ goal 5k pace, 400m recovery.	4-7 miles + 6 strides + stretching	4-6 miles easy run + :30-:60 CST -or- :20 warm-up, :20 @ Tempo pace; :20 cool down.	:30-:60 CT -or- 4-6 miles easy running -or- OFF	14-18 w/ last 3mi faster (optional)	4 – 6 mile recovery run –&/or- Movement! :30-:60 non-impact CT	
<b>week 9</b>	:30-:60 CT -or- 3-4 miles easy running -or- OFF	1200m @ 5k pace, tempo mile, 800m @ 5k pace, tempo mile, 400m @ 5k pace -or- 4-6 miles easy running + CE	4-7 miles + 6 strides + stretching	:10 warm-up, :45 - :60 at Marathon Pace, :10 cool-down -or- :60 easy run	:30-:60 CT -or- 3-4 miles easy running -or- OFF	8 miles easy running	4 – 6 mile recovery run –&/or- Movement! :30-:60 non-impact CT	
<b>week 10</b>	:30-:60 CT -or- 4-6 miles easy running -or- OFF	6-8 x 800m @ goal 5k pace, 400m recovery -or- 4-6 miles easy running + CE	4-7 miles + 6 strides + stretching	4-6 miles easy run + :30-:60 CST	:30-:60 CT -or- 3-4 miles easy running -or- OFF	16-20 w/ last 3mi faster (optional)	3 - 4 mile recovery run –&/or- Movement! :30-:60 non-impact CT	
<b>week 11</b>	:30-:60 CT -or- 3-4 miles easy running -or- OFF	6-8 mile run incorporating 6 x 200m pickups. -or- 4-6 miles easy running + CE	4-7 miles + 6 strides + stretching	4-6 miles easy run + :30-:60 CST	:30-:60 CT -or- 4-6 miles easy running -or- OFF (esp. if racing)	10-12, pick up last 2 miles	4 – 6 mile recovery run –&/or- Movement! :30-:60 non-impact CT	5k/10k race option

\*\*\* Always consult with your physician before beginning any new exercise regime or training schedule.



# FULL MARATHON- LEVEL II

	monday	tuesday	wednesday	thursday	friday	saturday	sunday	options
<b>week 12</b>	:30-:60 CT -or- 4-6 miles easy running -or- OFF	4-5 x mile @ 10k pace, 2min recovery -or- 5-6 miles easy running + 4 greyhound runs	4-7 miles + 6 strides + stretching	8-10 mile medium distance run	:30-:60 CT -or- 3-4 miles easy running -or- OFF	18-22 miles steady. May pick up pace for last 3 miles.	4 – 6 mile recovery run –&/or- Movement! :30-:60 non-impact CT	
<b>week 13</b>	:30-:60 CT -or- 3-4 miles easy running -or- OFF	12 x 400m @ 5k pace, 200m recovery -or- 4-5 miles easy running + 4 greyhound runs	4-6 miles + 6 strides + stretching	4-6 miles easy run + :30-:60 CST	:30-:60 CT -or- 3-4 miles easy running -or- OFF	6-10 miles, picking up pace for last 2 miles	4 – 6 mile recovery run –&/or- Movement! :30-:60 non-impact CT	10k race option
<b>week 14</b>	:30-:60 CT -or- 3-4 miles easy running -or- OFF	4-5 x 800m @ 5k pace (and faster). Full 400m recovery. 4 x 100m greyhound runs. -or- 4-5 miles easy running + 4 greyhound runs	4-6 miles + 6 strides + stretching	4-6 miles easy run + :30-:60 CST	OFF	4-6 miles + 6 strides	4 – 6 mile recovery run –&/or- Movement! :30-:60 non-impact CT	
<b>week 15</b>	OFF or 3-4 miles easy + 6 strides	2 miles at marathon pace. 4 x 200m sharp, solid, in control, blazing!	3-4 miles + 6 strides + stretching	4-6 miles easy run + :30-:60 CST	OFF	Easy :20-:30 + 6 strides	Full Marathon	

\*\*\* Always consult with your physician before beginning any new exercise regime or training schedule.

