

FULL MARATHON- LEVEL III

Your goal: A strong marathon finish time or improvement over your last marathon.

Prerequisite: You're an experience runner with an extremely established base, currently running 4-5 times and covering 25-40+ miles each week.

Schedule: 4-5 times 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	OFF -or- 5-7 miles easy + :30-:60 CST	8 x 800m @ goal 5k pace, 400m recovery.	5-7 miles + stretching	3-4 x 1mile @ T pace. 1 min recoveries. -or- :45-:60 easy run	4-8 miles easy &/or :30-:60 CST -or- OFF	10-12 miles + stretching	4 – 8 mile recov- ery run -8/or- Movement! :30- :60 non-impact CT	
week 2	OFF -or- 5-7 miles easy + :30-:60 CST	:60 run with 20-30 30 second fast, sharp pickups. 30 seconds recovery.	5-7 miles + stretching	4 miles or :30 @ tempo pace, whichever is less. -or- :45-:60 easy run	4-8 miles easy &/or :30-:60 CST -or- OFF	12 miles with miles 3-7 (that's 5 miles) at goal MP + stretching	4 – 8 mile recov- ery run -8/or- Movement! :30- :60 non-impact CT	
week 3	OFF -or- 5-7 miles easy + :30-:60 CST	5-6 sets of 400m @ 5k pace, 1min recovery, 800m @ 5k pace, 400m recovery.	5-7 miles + stretching	6 miles or :40 @ Tempo pace, whichever is less. -or- 2 x :20 Tempo w/:05 recovery. -or- :45-:60 easy run	4-8 miles easy &/or :30-:60 CST -or- OFF (especially if racing)	12-14 miles + stretching	4 – 8 mile recov- ery run -8/or- Movement! :30- :60 non-impact CT	10k race option in lieu of long run
week 4	OFF -or- 4-8 miles easy + :30-:60 CST	6 x 800/300 (800m @ 5k pace, 100m recovery, 300m fast & sharp; 400m recovery)	5-8 miles + stretching	6 miles or :40 @ Tempo pace, whichever is less. -or- :45-:60 easy run	4-8 miles easy &/or :30-:60 CST -or- OFF	14-16 miles, with last 2 miles faster (optional)	4 – 8 mile recov- ery run -8/or- Movement! :30- :60 non-impact CT	
week 5	OFF -or- 5-7 miles easy + :30-:60 CST	10 x 800m @ goal 5k pace, 400m recovery.	5-8 miles + stretching	:10 warm-up, :60 at Marathon Pace, :10 cool-down -or- :60 easy run	4-5 miles easy &/or :30-:60 CST -or- OFF	16 – 18 miles steady	4 – 5 mile recov- ery run -8/or- Movement! :30- :60 non-impact CT	

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week 6	OFF -or- 4-8 miles easy &/or :30-:60 CST	4-5 miles in/out 400s. (400m @ 5k pace, 400m @5k pace + 20seconds per lap, repeat)	5-8 miles + stretching	5 x 1/2 mile climb, ~10-12% grade. -or- :60 easy run	4-8 miles easy &/or :30-:60 CST -or- OFF	18 miles with miles 4-10 at goal MP	4 – 8 mile recov- ery run –&/or- Movement! :30- :60 non-impact CT	
week 7	OFF -or- 4-8 miles easy &/or :30-:60 CST	5-6 x 600/400 (600m @ goal 5k pace, 200m recov- ery, 400 @ 3k pace, full 400m recovery)	5-8 miles + stretching	2 x 1 mile @ goal 1/2 Marathon Pace, 2min recovery. 4 x 400m @ 5k pace, 200m recovery. -or- 5 mile easy run + strides	4-8 miles easy &/or :30-:60 CST -or- OFF (especially if racing)	12-15 miles, steady	4 – 8 mile recov- ery run –&/or- Movement! :30- :60 non-impact CT	10mile or 1/2 mara- thon race option
week 8	OFF -or- 4-8 miles easy &/or :30-:60 CST	7 miles EASY (if raced previous weekend) -or- 6 x 1200 @ goal 5k pace, 400m recov- ery.	5-8 miles + 6 strides + stretch- ing	:20 warm-up, :20 @ 10k pace; :20 cool down. -or- :60 easy run	4-8 miles easy &/or :30-:60 CST -or- OFF	20 miles with miles 5-12 at goal MP	4 – 8 mile recov- ery run –&/or- Movement! :30- :60 non-impact CT	
week 9	OFF -or- 4-5 miles easy &/or :30-:60 CST	1600m @ 5k pace, tempo mile, 1200m @ 5k pace, tempo mile, 800m @ 5k pace, tempo mile, 400m @ 5k pace.	5-8 miles + 6 strides + stretch- ing	:10 warm-up, :60 - :75 at Marathon Pace, :10 cool- down -or- :60 easy run	4-5 miles easy &/or :30-:60 CST -or- OFF	8 miles easy run- ning	4 – 8 mile recov- ery run –&/or- Movement! :30- :60 non-impact CT	
week 10	OFF -or- 4-8 miles easy &/or :30-:60 CST	8 x 800m @ goal 5k pace, 400m recovery.	5-8 miles + 6 strides + stretch- ing	5-6 x 1/2 mile climb, ~4-5% grade. -or- :60 easy run	4-5 miles easy &/or :30-:60 CST -or- OFF	22 miles with miles 8-17 (that's 10 miles) at goal MP	4 – 5 mile recov- ery run –&/or- Movement! :30- :60 non-impact CT	
week 11	OFF -or- 4-5 miles easy &/or :30-:60 CST	6-8 mile run incor- porating 6 x 200m pickups.	5-8 miles + 6 strides + stretch- ing	5 mile or :30 tem- po run, whichever is less. -or- :60 easy run	4-8 miles easy &/or :30-:60 CST -or- OFF (especially if racing)	10-12 miles steady –or- 18-20 miles steady	4 – 8 mile recov- ery run –&/or- Movement! :30- :60 non-impact CT	5k/10k race option

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week 12	OFF -or- 4-8 miles easy &/or :30-:60 CST	5-6 x mile @ 10k pace, 2min recovery	5-8 miles + 6 strides + stretching	10 mile medium distance run	4-5 miles easy &/or :30-:60 CST -or- OFF	10-12 miles steady -or- 18-22 miles steady or with MP at end	4 – 6 mile recovery run -&/or- Movement! :30- :60 non-impact CT	
week 13	OFF -or- 4-8 miles easy &/or :30-:60 CST	12-16 x 400m @ 5k pace, 200m recovery	4-6 miles + 6 strides + stretching	:40 tempo run (if not racing 10k upcoming weekend) -or- :60 easy run	4-5 miles easy &/or :30-:60 CST -or- OFF	10 miles easy running, last 4 at MP	4 – 6 mile recovery run -&/or- Movement! :30- :60 non-impact CT	10k race option
week 14	OFF -or- 4-5 miles easy &/or :30-:60 CST	5 x 800m @ 5k pace (and faster). Full 400m recovery. 4 x 100m greyhound runs.	4-6 miles + 6 strides + stretching	3-4 x 1/2 mile climb, ~10-12% grade. -or- :60 easy run	OFF	6 miles, miles 2-5 at MP	4 – 6 mile recovery run -&/or- Movement! :30- :60 non-impact CT	
week 15	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	2-3 x 3min hard, fast, in control. Full 3 min recovery. -or- :40 easy run with 6 strides	OFF	Easy :20-:30 + 6 strides	Full Marathon	

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