

Monday date

Monday date	week #	Mon	Tues	Wed	Thu (Fresh Pond)	Fri	Sun	Sat Bavstate	Sat MCM	Sat Bay State half	Column2	
11-Jun	10	0 miles	cross train	3-5 miles easy	3-5 miles easy	0 miles	cross train or easy 4	8 miles	8 miles	5 miles		
18-Jun	11	0 miles	cross train	3-5 miles easy	3-5 miles easy	0 miles	cross train or easy 4	10 miles	10 miles	6 miles		
25-Jun	12	0 miles	5 miles easy	3-5 miles easy	tempo (5 miles)	0 miles	cross train or easy 4	7 miles	7 miles	<b>6 miles</b>		
2-Jul	13	0 miles	5 miles easy	3-5 miles easy	tempo (5 miles)	0 miles	cross train or easy 4	11 miles	11 miles	7 miles		
9-Jul	14	0 miles	5 miles easy	3-5 miles easy	tempo (5 miles)	0 miles	cross train or easy 4	12 miles	12 miles	5 miles		
16-Jul	15	0 miles	hill repeats (5 mi)	4-6 miles easy	tempo (5 miles)	0 miles	cross train or easy 4	8 miles	8 miles	7 miles		
23-Jul	16	0 miles	hill repeats (5 mi)	4-6 miles easy	tempo (5 miles)	0 miles	cross train or easy 4	13 miles	13 miles	8 miles		
30-Jul	17	0 miles	hill repeats (5 mi)	4-6 miles easy	tempo (5 miles)	0 miles	cross train or easy 4	15 miles	15 miles	8 miles		
6-Aug	18	0 miles	hill repeats (5 mi)	5-7 miles easy	tempo (5 miles)	0 miles	cross train or easy 4	10 miles	10 miles	5 miles		
13-Aug	18	0 miles	hill repeats (5 mi)	5-7 miles easy	tempo (5 miles)	0 miles	cross train or easy 4	17 miles	17 miles	9 miles		
<b>20-Aug</b>	<b>19</b>	<b>0 miles</b>	<b>hill repeats (5 mi)</b>	<b>6-7 miles easy</b>	<b>tempo (5 miles)</b>	<b>0 miles</b>	<b>cross train or easy 4</b>	<b>19 miles</b>	<b>19 miles</b>	<b>10 miles</b>		
27-Aug	20	0 miles	intervals (5 mi)	6-7 miles easy	tempo (5 miles)	0 miles	cross train or easy 4	25 k race	25k race	7k race	CAPE ANN	
3-Sep	21	0 miles	intervals (5 mi)	7-9 miles easy	tempo (5 miles)	0 miles	cross train or easy 4	12 miles	12 miles	10 miles		
10-Sep	22	0 miles	intervals (5 mi)	7-9 miles easy	tempo (5 miles)	0 miles	cross train or easy 4	20 miles	19 miles	11 miles		
17-Sep	23	0 miles	intervals (5 mi)	7-9 miles easy	tempo (5 miles)	0 miles	cross train or easy 4	19 miles	21 miles	12 miles		
24-Sep	24	0 miles	intervals (5 mi)	9 miles easy	tempo (5 miles)	0 miles	cross train or easy 4	21 miles	17 miles	12 miles		
1-Oct	25	0 miles	3-4 x 800 intervals	8 miles easy	tempo (5 miles)	0 miles	cross train or easy 4	15 miles	22 miles	12 miles		
8-Oct	26	0 miles	3-4 x 600 intervals	6 miles easy	0 miles	0 miles	1-2 mi	8-9 miles	15 miles	5 miles		
15-Oct	27	3-5 miles	easy 5 miles	easy	off	off	1-2 mi	MARATHON	8-9 miles	1/2 MARATHON		
22-Oct	28	WALK!!!!	walk	walk	very light jog	very light jog			MARATHON			
		Choose Sat or Sun for 'Long Run'. Mon, Friday as rest days (meaning do nothing!!!)										
	1	tempo runs are runs that include running at a faster pace for the middle third of the run. Use the first 1/3 to warm up run the middle third slightly faster than goal marathon pace then run the final third 'easy'										
	2	intervals include several quicker 'sprints' during the run. The sprints are relaxed!!! NOT a sprint. Focus on form.										

The plan above is an example of a marathon plan:

The KEY run each week is your long run. This is THE major component of the program that will train your body and mind for the marathon. Starts stretching NOW. We'll show you how. Hydration is important.

Principles:

The plan is a gradual buildup of mileage and stress. Your body takes time to adapt to the stresses of training for a marathon. This is not something you can CRAM for. It takes your cardio-vascular system 3-6 weeks to adapt to new stress. It takes your skeletal system 3-6 months to full adapt.

On the other hand, DON'T stress out if you don't get in every run. No single run, or order of runs, will make or break your training so long as you approach it as a gradual increase of work.

Your weekly mileage increase should be 5% approximately.

The first month is a period we will use to 'start' you running. The first 10 weeks are your 'base building' period. In week 11 we will introduce the tempo' run. In week 14 we will introduce 'form' runs (hills, then intervals). These training techniques are both helpful in developing systems in your body that will help you during the marathon. They are not 'essential' but doing 6 weeks of one type of 'speed' training is recommended.