

Marathon Training for Busy People

Running by time, not miles, lets you get the most out of every minute.

By the Editors of Runner's World



More on MSN Health & Fitness

RUNNERS

- Run the Biggest Race of Your Life
- Running For Lovers
- Music That Motivates

This plan, developed by Ivana Bisaro of Carmichael Training Systems, calls for five days of running per week. "You have to get your muscles and tendons ready to go the distance," says Bisaro, "and the best way to do that is by running." Because it's based on time, not distance, faster, more experienced runners will get in more mileage; newer marathoners will just get used to the time on their feet.

KEY:

Endurance Run (ER) Easy to medium effort, or 70 to 90 percent of maximum heart rate.

Hill Repeats (HR) Run hills at as fast a pace as you can maintain for each hill repeat; jog or walk down in between each.

Interval Run (IR) Total time includes 10 to 15 minutes of warmup and cooldown.

Tempo Run (TR) Do tempo runs at or slightly faster than marathon goal pace.

Rest Between Intervals (RBI) Rest 90 seconds between intervals, tempo intervals, and strides, unless otherwise noted.

WEEK 1

Mon: Rest
Tue: Endurance Run (ER) 45 min., with 4 x 15-sec. strides
Wed: ER 45 min.
Thu: ER 50 min.
Fri: Rest
Sat: ER 1:30
Sun: ER 45 min.
Total: 4:35

WEEK 2

Mon: Rest
Tue: Hill Repeats (HR) 50 min., with 4-5 x 2-min. hills.
Wed: ER 45 min.
Thu: ER 50 min., with 5 x 15-sec. strides
Fri: Rest
Sat: ER 1:45
Sun: ER 45 min.
Total: 4:55

WEEK 3

Mon: Rest
 Tue: HR 50 min., with 5-7 x 2-min. hills
 Wed: ER 45 min.
 Thu: ER 50 min., with 6 x 15-sec. strides
 Fri: Rest
 Sat: ER 2:00
 Sun: ER 45 min.
 Total: 5:10

WEEK 4

Mon: Rest
 Tue: HR 60 min., with 7-8 x 2-min. hills
 Wed: ER 30 min.
 Thu: ER 45 min.
 Fri: Rest
 Sat: 10-K race
 Sun: ER 30-45 min.
 Total: 2:45-3:00 + race

WEEK 5

Mon: Rest
 Tue: Interval Run (IR) 55 min., with 5-6 x 4 min. hard/3 min. easy
 Wed: ER 45 min.
 Thu: Tempo Run (TR) 55 min., with 2 x 10 min. @ tempo pace, 2 min. RBI; and 4 x 15-sec. strides, 90 sec. RBI
 Fri: Rest
 Sat: ER 2:15
 Sun: ER 45 min.
 Total: 5:35

WEEK 6

Mon: Rest
 Tue: IR 55 min., with 6-7 x 4 min. hard/2 min. easy
 Wed: ER 45 min.
 Thu: TR 55 min., with 2 x 15 min. @ tempo pace, 2 min. RBI; and 4 x 15-sec. strides, 90 sec. RBI
 Fri: Rest
 Sat: ER 2:30
 Sun: ER 45 min.
 Total: 5:50

WEEK 7

Mon: Rest
 Tue: IR 60 min., with 4-5 x 1600 meters @ marathon pace, 2 min. RBI
 Wed: ER 45 min.
 Thu: TR 60 min., with 1 x 25 min. @ tempo pace
 Fri: Rest
 Sat: ER 2:45
 Sun: ER 45 min.
 Total: 6:15

WEEK 8

Mon: Rest
 Tue: IR 55 min., with 6-7 x 1600 meters @ marathon pace, 2 min. RBI
 Wed: ER 30 min.
 Thu: TR 60 min., with 1 x 35 min. @ tempo pace
 Fri: Rest
 Sat: ER 1:45, with 4 x 15-sec. strides
 Sun: ER 30-45 min.
 Total: 4:40

WEEK 9

Mon: Rest
 Tue: TR 60 min., with 2 x 20 min. @ tempo pace, 2 min. RBI
 Wed: ER 45 min.
 Thu: ER 60 min., with 6-8 x 15-sec. strides
 Fri: Rest
 Sat: ER 3:00
 Sun: ER 45 min.
 Total: 6:30

WEEK 10

Mon: Rest
 Tue: TR 1:10, with 6 x 8 min. @ tempo pace, 2 min. RBI
 Wed: ER 45 min.
 Thu: ER 60 min., with 6-8 x 15-sec. strides
 Fri: Rest
 Sat: ER 2:00-2:30, with 10-12 miles @ marathon pace
 Sun: ER 45 min.
 Total: 2:40-3:10

WEEK 11

Mon: Rest
 Tue: TR 1:10, with 6 x 8 min. @ tempo pace, 2 min. RBI
 Wed: ER 45 min.
 Thu: ER 60 min., with 6-8 x 15-sec. strides
 Fri: Rest
 Sat: ER 3:15
 Sun: ER 45 min.
 Total: 6:55

WEEK 12

Mon: Rest
 Tue: TR 1:15, with 2 x 10 min. @ tempo pace, with 1 min. RBI; then 20 min. @ ER; then 2 x 10 min. @ tempo, 1 min. RBI
 Wed: ER 30 min.
 Thu: ER 45 min., with 6-8 x 20-sec. strides, 90 sec. RBI
 Fri: Rest or 20 min. easy
 Sat: Half-marathon race
 Sun: ER 45 min.
 Total: 2:15 + half-marathon

WEEK 13

Mon: Rest

Tue: TR 1:30, with 2 x 15 min. @ tempo pace, 2 min.

RBI

Wed: ER 45 min.

Thu: ER 50 min., with 6 x 15- to 20-sec. strides

Fri: Rest

Sat: ER 2:30

Sun: ER 40 min.

Total: 6:15

WEEK 14

Mon: Rest

Tue: IR 1:15, with 10 x 800 meters, 2-4 min. RBI

Wed: ER 45 min.

Thu: TR 60 min., include 4 x 8 min. @ tempo pace, 1 min. RBI

Fri: Rest

Sat: ER 1:30, include 4 x 15-sec. strides

Sun: ER 45 min.

Total: 5:15

WEEK 15

Mon: Rest

Tue: ER 1:40, 10 miles @ marathon goal pace

Wed: ER 45 min.

Thu: ER 50 min., with 4-6 x 15-sec. strides

Fri: Rest

Sat: TR 60 min., with 30 min. @ tempo pace

Sun: ER 45 min.

Total: 5:00

WEEK 16

Mon: Rest

Tue: TR 35 min., with 2 x 8-min. tempo intervals, 2 min.

RBI

Wed: ER 20 min.

Thu: ER 30 min. with 5 x 20-sec strides, 2 min. RBI

Fri: Rest

Sat: ER 20-30 min., with 4 x 15-sec. strides

Sun: Marathon Race Day

Total: 1:55 + race!

Provided by *Runner's World*