



The Voices of Hope and Promise Healing Families and Communities

Getting ready for your first 10K should be fun and comfortable. You should start with a shorter goal we recommend combining the following training schedules to make sure this is an enjoyable experience for all runners and walkers regardless of your experience. Be sure to check with your doctor before starting any exercise program to be sure you are fit. For your convenience we have combined the training schedule for a 5K and 10K into 14 weeks of training and the 8 week beginner program and 10K training schedule into 16 weeks of training. The training dates corresponding to your race day – October 31, 2010 are included.

You do not need to register to do a 5K this is just a training guideline. We will be coordinating the weekly “long” runs/walks for each schedule. The articles below are included to explain the logic and reason to prepare for your race using these schedules. The schedules were prepared by and were included in the articles written by Rick Morris*. If you already run or walk please feel free to use your own schedule/program but please consider joining us for the weekly training gatherings.

*(Rick Morris is not a sponsor or in any way connected to Run for Recovery, Run for the Children).

The following articles have been provided for your information, the training schedules follow Rick Morris’s articles and were modified as suggested:

YOUR FIRST 5K RACE

By Rick Morris

Your first 5K race will be exciting and perhaps be the cause of some anxiety. Here are some tips to make preparing for your first 5K race a fun and exciting experience This 6-week training plan will easily get you ready for your first 5K race.

Choosing a race

For your first race, I would suggest a 5K. 5K stands for 5 kilometers which equals 3.1 miles. A 5K is a good choice for a first race because of its relatively short distance and because it is the most common race distance. You should have no trouble finding a 5K race in your area at most times of the year.

You can race at any time of the year, but for your first one you may want to consider a race in the spring or fall, when the temperatures are mild. Hot or cold weather will make things just a little more difficult. Try to pick a large race for your first one. A larger field will provide a "party atmosphere" that will help motivate and encourage you. A large field will also make new runners less self-conscious about where they finish. The large field will provide plenty of runners in the front, middle and back of the pack.

6 Week training program for your first 5K

This is a 6-week program that is designed to prepare you for your first race with minimal training. This program will allow you to comfortably finish a 5K. It is not intended to run a fast 5K or to improve your speed. You should be able to run comfortably for 2 miles before starting this program. If you have not run before, complete the 8-week beginners program before starting this program.

This program is general in nature. Feel free to make adjustments in order to accommodate scheduling conflicts and individual goals and rate of improvement.

The Workouts

All workouts in this plan are easy runs. Easy runs should be run at a pace that feels fairly comfortable. You should be breathing hard, but should be able to carry on a conversation. If you are breathing so hard that you cannot talk, you are running too hard. If you can sing, you are running too easily. On the days calling for rest or cross training, you can rest totally or do some cross training. Cross training can be any activity other than running. You could go for a walk, swim, bicycle or do nothing. It is up to you.

EASY FIRST 10K - A 10K TRAINING PROGRAM FOR NEW RUNNERS

By Rick Morris

Easy First 10K Training Program

This is an 8-week 10K training program that is designed to prepare you to finish a 10K race. This 10K training program will prepare you to finish a 10K and run the entire distance. It is not intended to train you to run a fast 10K or to improve your speed. You should be able to run comfortably for 3 miles before starting this program. If you have not run before, complete the 8-week beginners program (included) before starting this program. If you have some experience running, but cannot run 3 miles, either slowly build up to 3 miles or complete Your First 5K program (included) before starting this program.

This 10K training program is general in nature. Feel free to make adjustments in order to accommodate scheduling conflicts and individual goals and rate of improvement.

The Workouts

All workouts in this 10K training program are easy runs. Easy runs should be run at a pace that feels fairly comfortable. You should be breathing hard, but should be able to carry on a conversation. If you are breathing so hard that you cannot talk, you are running too hard. If you can sing, you are running too easily.

On the days calling for rest or cross training, you can rest totally or do some cross training. Cross training can be any activity other than running. You could go for a walk, swim, bicycle or do nothing. It is up to you.

8 WEEK BEGINNERS PROGRAM TRAINING SCHEDULE

By Rick Morris

This 8-week beginners program is designed for individuals with little or no background in running. The workout starts out with only walking and gradually advances to walk/run workouts and finally to all running. If you feel you are a bit more advanced and would like to start with some running right away, choose your appropriate point in the program to start. Just remember not to start out too quickly.

If you have not exercised before, are over 40 years of age or have any injury or medical condition, you must get clearance from your doctor before beginning this program.

The Workouts

This program contains rest days, walking and easy runs. This is a very basic training program and is intended only to increase your fitness level to the point at which you can run 2 miles without stopping. Do not worry about speed. After you complete this program, you can move on to more advanced programs that will further improve your speed and endurance.

You will monitor and adjust the intensity of these workouts using the Rate of Perceived Exertion (RPE) scale. This is a scale that rates your workouts by how you feel. The ratings range from 1 (very light), such as sitting and watching TV, to 10(maximal effort), which is like running as fast as you possibly can.

Easy Runs

Easy runs should be run at a pace that feels comfortable to fairly comfortable, or a rating of 3 to 4 on the RPE scale. You should be breathing hard, but should be able to carry on a conversation. If you are breathing so hard that you cannot talk, you are running too hard. If you can sing, you are running too easily.

Warm up before each workout. Your warm up should consist of about 10 minutes of easy walking. After your workout, gently stretch all of your major muscle groups. Do not stretch until your muscles are warmed up.

Rest is a very important part of any training program. Without proper rest, your muscles and connective tissues will not have an opportunity to recover and strengthen properly. On the days calling for complete rest, do no strenuous activity. On the days calling for rest or cross training, you can rest totally or do some cross training. Cross training can be any activity other than running. You could go for a walk, swim, bicycle or do nothing. It is up to you.

Here's where the fun begins!

We will be sending you tips for training and have a coach, Dr. Paul Robinson – a marathoner and long time NACoA supporter for several years, available for questions via phone or email. In addition, several of our staff members have participated in races and can give you advice and suggestions.

If you have some experience running, but cannot run or walk 3 miles, either slowly build up to 3 miles or complete "Your First 5K" program, we added this 6 weeks of training to the 10K training schedule for a total of 14 week training program

Week 1 – July26 – August 1

- Monday - Rest. Rest is an important part of any training program. This program uses Monday as a rest day because Sunday is usually the longest run of the week. Adjust this to fit your specific schedule.
- Tuesday - Run 1 mile easy. Run at an easy "conversational" pace. If you cannot talk clearly, you are running too hard.
- Wednesday - Run 2 miles easy. Run at an easy pace.
- Thursday - Rest or cross train Rest or engage in a non-running activity.
- Friday - Run 2 miles easy.
- Saturday - Run 2 miles easy. All of these easy runs are performed at the "conversational" pace.
- Sunday - Run 2 miles easy.

Week 2 – August 2-8

- Monday - Rest. This program uses Monday as a rest day, because Sunday is your longest run of the week. You can adjust this to meet your needs, but take off the day after your longest weekly run.
- Tuesday - Run 2.25 miles easy. You add a quarter mile to your previous longest run. You will make gradual increases in mileage throughout the program.
- Wednesday - Run 2 miles easy.
- Thursday - Rest or cross train.
- Friday - Run 2.25 miles easy.
- Saturday - Run 2 miles easy.
- Sunday - Run 2.25 miles easy.

Week 3 – August 9-15

- Monday- Rest
- Tuesday - Run 2.25 miles easy.
- Wednesday - Run 2 miles easy.
- Thursday - Rest or cross train.
- Friday - Run 2 miles easy.
- Saturday - Run 2.5 miles easy. You make a .25 mile increase today.
- Sunday - Run 3 miles easy. You make another increase in mileage here. You are running almost a full 5K distance here. A 5K is 3.1 miles. Keep your pace nice and easy. You can work on speed in future races.

Week 4 – August 16-22

- Monday - Rest.
- Tuesday - Run 3 miles easy.
- Wednesday - Run 2 miles easy.
- Thursday - Rest or cross train.
- Friday - Run 3 miles easy.
- Saturday - Run 2 miles easy.
- Sunday - Run 3 miles easy.

Week 5 – August 23-29

- Monday - Rest.
- Tuesday - Run 3.25 miles easy. Another increase in mileage here. One more to go.
- Wednesday - Run 2 miles easy.
- Thursday - Rest or cross train.
- Friday - Run 3 miles easy.
- Saturday - Run 2 miles easy.
- Sunday - Run 3.5 miles easy. This is the final mileage increase in this program. You are now running .4 mile farther than the 5K distance. This will give you the endurance to easily complete the 5K race and will increase your confidence.

Week 6 – August 30 - September 5

- Monday - Rest.
- Tuesday - Run 3 miles easy.
- Wednesday - Run 2 miles easy. You will begin to taper after this workout. A taper is a gradual decrease in mileage. The purpose of the taper is to be sure that your muscles are well rested before you compete in the race.
- Thursday - Rest or cross train.
- Friday - Run 2 miles easy.
- Saturday - Run 1 mile easy.
- Sunday - Race Day. Have Fun!!

Week 7 – September 6-12

- Monday - Rest. Rest is an important part of any training program.
- Tuesday - Run 2 miles easy. Run at an easy "conversational" pace.
- Wednesday - Run 3 miles easy. Run at an easy pace.
- Thursday - Rest or cross train. Rest or engage in a non-running activity.
- Friday - Run 2 miles easy.
- Saturday - Run 3 miles easy.
- Sunday - Run 3.25 miles easy.

Week 8 – September 13-19

- Monday - Rest. This program uses Monday as a rest day, because Sunday is your longest run of the week. You can adjust this to meet your needs, but take off the day after your longest weekly run.
- Tuesday - Run 3.5 miles easy. You add a quarter mile to your previous longest run. You will make some additional increases later in the program.
- Wednesday - Run 2 miles easy.
- Thursday - Rest or cross train.
- Friday - Run 3.5 miles easy.
- Saturday - Run 2 miles easy.
- Sunday - Run 3.75 miles easy. Another small increase for this workout.

Week 9 – September 20-26

- Monday - Rest
- Tuesday - Run 3.75 miles easy.
- Wednesday - Run 2 miles easy.
- Thursday - Rest or cross train.
- Friday - Run 2 miles easy.
- Saturday – Run 3.5 miles easy.
- Sunday - Run 4 miles easy. You make another increase in mileage here. You are running over half of the 10K. A 10K is 6.2 miles.

Week 10 – September 27 – October 3

- Monday - Rest
- Tuesday - Run 3.75 miles easy.
- Wednesday - Run 2 miles easy.
- Thursday - Rest or cross train.
- Friday - Run 4.5 miles easy. Another small increase here.
- Saturday - Run 2 miles easy.
- Sunday - Run 4.5 miles easy.

Week 11 – October 4-10

- Monday - Rest
- Tuesday - Run 4.75 miles easy.
- Wednesday - Run 3 miles easy.
- Thursday - Rest or cross train.
- Friday - Run 3 miles easy.
- Saturday - Run 2 miles easy.
- Sunday - Run 5 miles easy. Keep your pace nice and easy. You should be able to talk as you are running.

Week 12 – October 11-17

- Monday - Rest
- Tuesday - Run 5 miles easy.
- Wednesday - Run 3 miles easy.
- Thursday - Rest or cross train.
- Friday - Run 3 miles easy.
- Saturday - Run 2 miles easy.
- Sunday - Run 5.5 miles easy. If you feel you are making increases too quickly, back off a bit.

Week 13 – October 18-24

- Monday - Rest
- Tuesday - Run 5 miles easy.
- Wednesday - Run 3 miles easy.
- Thursday - Rest or cross train.
- Friday - Run 3 miles easy.
- Saturday - Run 2 miles easy.
- Sunday - Run 6 miles easy. You are running nearly the full 10K here.

Week 14 – October 25-30

- Monday - Rest
- Tuesday - Run 6.25 miles easy. This will be your longest training run. You are now doing just over the 10K distance. This will give you the confidence that you can comfortably finish the race. You will begin to taper for the race after this workout.
- Wednesday - Run 3 miles easy.
- Thursday - Rest or cross train.
- Friday - Run 2 miles easy.
- Saturday – Rest, eat a meal high in carbs to prepare you for your journey, go to bed early and remember this is a fun way to increase awareness of the children and families affected by alcohol and other drug addictions and recovery!
- Sunday - **RACE DAY! HAVE FUN!**

If you have not run before, complete the 8-week beginners program, we added this to the training schedule for a total of 16 week training program.

Week 1 – July 12-18

- Monday - Rest. You will have two rest days per week. If you feel you need more rest days, take them. In these early stages you do not want to do more than your body is ready for.
- Tuesday - Walk for 30 minutes at a comfortable pace. Since this is your first workout, take it nice and easy. Walk at a pace that gets your heart rate up and makes you breath heavier than normal, but you should no be out of breath.
- Wednesday - Walk for 30 minutes at a comfortable pace. Same workout as yesterday.
- Thursday - Walk/Jog for 30 minutes. Walk for 5 minutes and then jog for 30 seconds. Follow that sequence for the entire workout. This is your first taste of running. Do not run for more than 30 seconds at a time. Run at a pace that is fairly comfortable.
- Friday - Rest. Let your body recover from its first encounter with running.
- Saturday - Walk/Jog for 30 minutes. Walk for 5 minutes and jog for 30 seconds. This is the same workout as Thursday. Keep your pace comfortable.
- Sunday - Walk/Jog for 30 minutes. You make a slight increase in the jogging interval here. Walk for 5 minutes and jog for 1 minute. You will start making consistent increases in the time of your running intervals.

Week 2 – July 19-25

- Monday - Rest. Every Monday is a rest day in this program.
- Tuesday - Walk/Jog for 30 minutes. Walk for 5 minutes and jog for 1 minute. Keep the pace fairly comfortable.
- Wednesday - Walk/Jog for 30 minutes. This will be an easy day. Walk for 5 minutes and jog for 30 seconds.
- Thursday - Walk/Jog for 30 minutes. Walk for 5 minutes and jog for 1 minute.
- Friday - Rest or cross train. Either totally rest or engage in another activity such as biking or swimming.
- Saturday - Walk/Jog for 30 minutes. Another increase here. Walk for 5 minutes and jog for 2 minutes.
- Sunday - Walk/Jog for 30 minutes. Walk for 5 minutes and jog for 2 minutes.

Week 3 – July 26 – August 1

- Monday - Rest
- Tuesday - Walk/Jog for 30 minutes. Walk for 5 minutes and jog for 3 minutes. Keep the pace nice and easy. If you feel you cannot run for 3 minutes then take some short (10 – 15 seconds) walking breaks in your 3-minute jogging interval.
- Wednesday - Walk/Jog for 30 minutes. Walk for 5 minutes and jog for 2 minutes.
- Thursday - Walk/Jog for 30 minutes. Walk for 5 minutes and jog for 3 minutes.
- Friday - Rest. If you feel like cross training, go ahead. If you do cross train, keep the intensity level very easy. You want to let your body recover on these rest days.
- Saturday - Walk/Jog for 30 minutes. Walk for 5 minutes and jog for 4 minutes. Another increase today.
- Sunday - Walk/Jog for 30 minutes. Walk for 5 minutes and jog for 4 minutes.

Week 4 – August 2-8

- Monday - Rest
- Tuesday - Walk for 30 minutes. You eliminate the running portion for this workout because you have made a lot of increases in the last two weeks. This will give your body a little more rest this week. You will be making increases a bit faster after this workout.
- Wednesday - Walk/Jog for 30 minutes. Walk for 5 minutes and jog for 5 minutes. You are now jogging as much as you are walking. Remember to keep the pace fairly comfortable.
- Thursday - Walk/Jog for 30 minutes. Walk for 5 minutes and jog for 4 minutes. You back off a bit today to recover from yesterday's harder workout.
- Friday - Rest or cross train.
- Saturday - Today you will start to decrease the distance of your walking intervals. Walk/Jog for 30 minutes. Walk for 4 minutes and jog for 5 minutes.
- Sunday - Walk/Jog for 30 minutes. Walk for 4 minutes and jog for 5 minutes.

Week 5 – August 9-15

- Monday - Rest
- Tuesday - Walk/Jog for 30 minutes. You will make another decrease in your walking interval today. Walk for 3 minutes and jog for 5 minutes.
- Wednesday - Walk/Jog for 30 minutes. Walk for 4 minutes and jog for 5 minutes.
- Thursday - Walk/Jog for 30 minutes. Walk for 3 minutes and jog for 5 minutes.
- Friday - Rest or cross train.
- Saturday - Walk/Jog for 30 minutes. Decrease your walking interval to 2 minutes. Walk for 2 minutes and jog for 5 minutes.
- Sunday - Walk/Jog for 30 minutes. Walk for 2 minutes and jog for 5 minutes.

Week 6 – August 16-22

- Monday - Rest
- Tuesday - Walk/Jog for 30 minutes. Decrease your walking interval to 1 minute. Walk for 1 minute and jog for 5 minutes. If at any time you feel you are struggling, back off to the prior week or to a point at which you feel more comfortable. Remember, however, that you must push yourself a bit to make improvements.
- Wednesday - Walk/Jog for 30 minutes. Walk for 2 minutes and jog for 5 minutes.
- Thursday - Walk/Jog for 30 minutes. Walk for 1 minute and jog for 5 minutes.
- Friday - Rest or cross train.
- Saturday - Walk/Jog for 30 minutes. Today, you will decrease your walking interval to 30 seconds. Walk for 30 seconds and jog for 5 minutes.
- Sunday - Walk/Jog for 30 minutes. Walk for 30 seconds and jog for 5 minutes.

Week 7 – August 23-29

- Monday - Rest
- Tuesday - Today you are going to try something different. Go to a school track or a trail in your area that you have measured. Warm up with vigorous walking for 10 minutes and then jog 2 x 1 mile repeats. Jog one mile and then walk for 5 minutes. The jog another mile. Cool down with 10 minutes of walking.
- Wednesday -Walk/Jog for 30 minutes. Walk for 30 seconds and jog for 5 minutes.
- Thursday - You will extend the distance of your workout today. After a 10-minute warm up, jog for 1.25 miles. Cool down with 10 minutes of walking. You can run almost anywhere. Through your neighborhood; in a park; on a school track; or on a treadmill.
- Friday - Rest or cross train.
- Saturday - Warm up for 10 minutes. Jog 2 x 1 mile repeats. Cool down with 10 minutes of walking.
- Sunday - You will extend your workout again today. Warm up by walking for 10 minutes. Jog for 1.5 miles. Cool down with 10 minutes of walking.

Week 8 – August 30 – September 5

- Monday - Rest
- Tuesday - Warm up by walking for 10 minutes. Jog 2 x 1 mile repeats. Cool down with 10 minutes of walking.
- Wednesday - Walk/Jog for 30 minutes. Walk for 30 seconds and jog for 5 minutes.
- Thursday - Warm up by walking for 10 minutes. Jog for 1.75 miles. Cool down with 10 minutes of walking.
- Friday - Rest or cross train.
- Saturday - You will do your longest run today. Warm up with 10 minutes of walking. Jog for 2 miles. Cool down with 10 minutes of walking.
- Sunday - Extend you run again today if you are feeling up to it. Warm up for 10 minutes. Jog for 2.25 miles. Cool down with 10 minutes of walking. If you are feeling fatigued from yesterdays run, just run 1 mile today.
- You have done it! You should now be able to jog comfortably for 2 miles. What you do now is up to you. You can just maintain your new level of fitness by continuing your daily workouts or you can move up to the next level and train to complete a 5K race.

Week 9 – September 6-12

- Monday - Rest. Rest is an important part of any training program.
- Tuesday - Run 2 miles easy. Run at an easy "conversational" pace.
- Wednesday - Run 3 miles easy. Run at an easy pace.
- Thursday - Rest or cross train. Rest or engage in a non-running activity.
- Friday - Run 2 miles easy.
- Saturday - Run 3 miles easy.
- Sunday - Run 3.25 miles easy.

Week 10 – September 13-19

- Monday - Rest. This program uses Monday as a rest day, because Sunday is your longest run of the week. You can adjust this to meet your needs, but take off the day after your longest weekly run.
- Tuesday - Run 3.5 miles easy. You add a quarter mile to your previous longest run. You will make some additional increases later in the program.
- Wednesday - Run 2 miles easy.
- Thursday - Rest or cross train.
- Friday - Run 3.5 miles easy.
- Saturday - Run 2 miles easy.
- Sunday - Run 3.75 miles easy. Another small increase for this workout.

Week 11 – September 20-26

- Monday - Rest
- Tuesday - Run 3.75 miles easy.
- Wednesday - Run 2 miles easy.
- Thursday - Rest or cross train.
- Friday - Run 2 miles easy.
- Saturday – Run 3.5 miles easy.
- Sunday - Run 4 miles easy. You make another increase in mileage here. You are running over half of the 10K. A 10K is 6.2 miles.

Week 12 – September 27 – October 3

- Monday - Rest
- Tuesday - Run 3.75 miles easy.
- Wednesday - Run 2 miles easy.
- Thursday - Rest or cross train.
- Friday - Run 4.5 miles easy. Another small increase here.
- Saturday - Run 2 miles easy.
- Sunday - Run 4.5 miles easy.

Week 13 – October 4-10

- Monday - Rest
- Tuesday - Run 4.75 miles easy.
- Wednesday - Run 3 miles easy.
- Thursday - Rest or cross train.
- Friday - Run 3 miles easy.
- Saturday - Run 2 miles easy.
- Sunday - Run 5 miles easy. Keep your pace nice and easy. You should be able to talk as you are running.

Week 14 – October 11-17

- Monday - Rest
- Tuesday - Run 5 miles easy.
- Wednesday - Run 3 miles easy.
- Thursday - Rest or cross train.
- Friday - Run 3 miles easy.
- Saturday - Run 2 miles easy.
- Sunday - Run 5.5 miles easy. If you feel you are making increases too quickly, back off a bit.

Week 15 – October 18-24

- Monday - Rest
- Tuesday - Run 5 miles easy.
- Wednesday - Run 3 miles easy.
- Thursday - Rest or cross train.
- Friday - Run 3 miles easy.
- Saturday - Run 2 miles easy.
- Sunday - Run 6 miles easy. You are running nearly the full 10K here.

Week 16 – October 25-30

- Monday - Rest
- Tuesday - Run 6.25 miles easy. This will be your longest training run. You are now doing just over the 10K distance. This will give you the confidence that you can comfortably finish the race. You will begin to taper for the race after this workout.
- Wednesday - Run 3 miles easy.
- Thursday - Rest or cross train.
- Friday - Run 2 miles easy.
- Saturday – Rest, eat a meal high in carbs to prepare you for your journey, go to bed early and remember this is a fun way to increase awareness of the children and families affected by alcohol and other drug addictions and recovery!
- Sunday - **RACE DAY! HAVE FUN!**

Marathon Training Program Walkers- Novice

Please note: Monday through Friday numbers = minutes of walking
Long walks on Saturday are miles

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	TOTAL
Week 1	35	0	40	45	OFF or X Train	Long walk 4	OFF or X Train	120+4
Week 2	35	0	30	40	OFF or X Train	Long walk 5	OFF or X Train	105+5
Week 3	35	0	50	45	OFF or X Train	Long walk 6	OFF or X Train	130+6
Week 4	35	0	45	60	OFF or X Train	Long walk 7	OFF or X Train	140+7
Week 5	35	0	45	55	OFF or X Train	Long walk 8	OFF or X Train	135+8
Week 6	35	0	45	60	OFF or X Train	Long walk 9	OFF or X Train	140+9
Week 7	45	0	50	50	OFF or X Train	Long walk 10	OFF or X Train	145+10
Week 8	45	0	50	50	OFF or X Train	Long walk 11	OFF or X Train	145+11
Week 9	45	0	50	60	OFF or X Train	Long walk 12	OFF or X Train	155+12
Week 10	40	0	50	60	OFF or X Train	Long walk 6	OFF or X Train	150+6
Week 11	45	0	50	60	OFF or X Train	Long walk 14	OFF or X Train	155+14
Week 12	45	0	45	60	OFF or X Train	Long walk 10	OFF or X Train	150+10
Week 13	40	0	50	60	OFF or X Train	Long walk 16	OFF or X Train	150+16
Week 14	45	0	50	60	OFF or X Train	Long walk 10	OFF or X Train	155+10
Week 15	50	0	50	60	OFF or X Train	Long walk 18	OFF or X Train	160+18
Week 16	50	0	50	60	OFF or X Train	Long walk 6	OFF or X Train	160+6
Week 17	30	0	40	40	OFF or X Train	Long walk 16-18	OFF or X Train	110+16-18
Week 18	30	0	30	40	OFF or X Train	Long walk 10	OFF or X Train	100+ 10
Week 19	15	0	20	20	30	Long walk 6	OFF or X Train	85+6
Week 20	20	0	40	OFF	Off	OFF	2	60+2
Week 21	Race 26.2	15-20	15	20-30	20	OFF	OFF	85+26.2

All walks should be done at a comfortable pace.

Long walks may be done either Saturday or Sunday.

Remember, do not double up on workouts. If you miss one, you miss one. So what!

2720 minutes (45.3 hours) + 216.2 miles = ~316 miles Total

Marathon Training Program Typical Runner

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	TOTAL
Week 1	3	4	3	4	OFF or X Train	Long Run 5	OFF or X Train	19
Week 2	3	4	3	4	OFF or X Train	Long Run 6	OFF or X Train	20
Week 3	3	5	3	3	OFF or X Train	Long Run 8	OFF or X Train	22
Week 4	3	4	3	4	OFF or X Train	Long Run 10	OFF or X Train	24
Week 5	3	5	3	3	OFF or X Train	Long Run 12	OFF or X Train	26
Week 6	3	4	3	4	OFF or X Train	Long Run 8	OFF or X Train	22
Week 7	3	5	3	4	OFF or X Train	Long Run 14	OFF or X Train	29
Week 8	4	4	4	3	OFF or X Train	Long Run 10	OFF or X Train	20
Week 9	3	4	4	3	OFF or X Train	Long Run 16	OFF or X Train	30
Week 10	3	6	5	4	OFF or X Train	Long Run 10	OFF or X Train	28
Week 11	3	3	4	5	OFF or X Train	Long Run 18	OFF or X Train	33
Week 12	4	6	3	5	OFF or X Train	Long Run 12	OFF or X Train	30
Week 13	4	5	3	4	OFF or X Train	Long Run 20	OFF or X Train	36
Week 14	3	6	4	7	OFF or X Train	Long Run 10	OFF or X Train	30
Week 15	4	5	5	3	OFF or X Train	Long Run 22	OFF or X Train	39
Week 16	3	5	4	6	OFF or X Train	Long Run 8	OFF or X Train	26
Week 17	4	6	3	3	OFF or X Train	Long Run 14	OFF or X Train	30
Week 18	4	3	3	4	OFF or X Train	Long Run 12	OFF or X Train	26
Week 19	3	4	3	3	OFF or X Train	Long Run 8	OFF	21
Week 20	3	3	2	OFF	2	OFF	OFF	10
Week 21	Race 26.2	Walk 1	Walk	Walk 1-2	Walk 1	OFF	OFF	30.2

All runs should be done at a comfortable pace. You should be able to converse.

Long runs may be done either Saturday or Sunday.

Remember, do not double up on workouts. If you miss one, you miss one. So what!