

# 6 MONTH MARATHON TRAINING PLAN

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest Day	Pace Run 2 miles	Training Run 3 miles	Rest Day	Training Run 3 miles	Strength Training	Long Run 4 miles
2	Rest Day	Pace Run 3 miles	Training Run 3 miles	Rest Day	Training Run 3 miles	Strength Training	Long Run 5 miles
3	Rest Day	Pace Run 2 miles	Training Run 3 miles	Rest Day	Training Run 3 miles	Strength Training	Long Run 6 miles
4	Rest Day	Pace Run 2.5 miles	Training Run 3 miles	Rest Day	Training Run 3 miles	Strength Training	Long Run 7 miles
5	Rest Day	Pace Run 2.5 miles	Training Run 3 miles	Rest Day	Training Run 3 miles	Strength Training	Long Run 5 miles
6	Rest Day	Pace Run 2.5 miles	Training Run 3 miles	Rest Day	Training Run 3 miles	Strength Training	Long Run 8 miles
7	Rest Day	Pace Run 3 miles	Training Run 4 miles	Rest Day	Training Run 4 miles	Strength Training	Long Run 9 miles
8	Rest Day	Pace Run 3 miles	Training Run 4 miles	Rest Day	Training Run 4 miles	Strength Training	Long Run 10 miles
9	Rest Day	Pace Run 3 miles	Training Run 4 miles	Rest Day	Training Run 4 miles	Strength Training	Long Run 11 miles
10	Rest Day	Pace Run 4 miles	Training Run 4 miles	Rest Day	Training Run 4 miles	Strength Training	Long Run 8 miles
11	Rest Day	Pace Run 4 miles	Training Run 5 miles	Rest Day	Training Run 5 miles	Strength Training	Long Run 12 miles
12	Rest Day	Pace Run 4 miles	Training Run 5 miles	Rest Day	Training Run 5 miles	Strength Training	Half Marathon
13	Rest Day	Pace Run 4 miles	Training Run 5 miles	Rest Day	Training Run 5 miles	Strength Training	Long Run 13.1 miles
14	Rest Day	Pace Run 4 miles	Training Run 6 miles	Rest Day	Training Run 5 miles	Strength Training	Long Run 14 miles
15	Rest Day	Pace Run 4 miles	Training Run 6 miles	Rest Day	Training Run 6 miles	Strength Training	Long Run 11 miles
16	Rest Day	Pace Run 4 miles	Training Run 6 miles	Rest Day	Training Run 6 miles	Strength Training	Long Run 15 miles
17	Rest Day	Pace Run 5 miles	Training Run 6 miles	Rest Day	Training Run 6 miles	Strength Training	Long Run 16 miles
18	Rest Day	Pace Run 5 miles	Training Run 6 miles	Rest Day	Training Run 6 miles	Strength Training	Long Run 17 miles
19	Rest Day	Pace Run 5 miles	Training Run 6 miles	Rest Day	Training Run 6 miles	Strength Training	Long Run 18 miles
20	Rest Day	Pace Run 5 miles	Training Run 6 miles	Rest Day	Training Run 6 miles	Strength Training	Long Run 14 miles
21	Rest Day	Pace Run 5 miles	Training Run 6 miles	Rest Day	Training Run 6 miles	Strength Training	Long Run 20 miles
22	Rest Day	Pace Run 3 miles	Training Run 6 miles	Rest Day	Training Run 4 miles	Strength Training	Long Run 12 miles
23	Rest Day	Pace Run 2 miles	Training Run 3 miles	Rest Day	Training Run 3 miles	Strength Training	Long Run 10 miles
24	Rest Day	Training Run 3 miles	Rest Day	Easy Run 3 miles	Rest Day	Easy Run 2 miles	Marathon 26.2 miles

Training Runs should be done at a comfortable, sustainable pace: 3-4 out of 10 in terms of Rate of Perceived Exertion (RPE).

Pace Runs should be done at your target race pace if you have one, or slightly harder than your regular training runs. 5 out of 10 RPE.

Long Runs should be done at an easy and conversational pace: 2-3 out of 10 RPE.

Strength Training: we recommend compound exercises using weights, like deadlifts, squats, lunges.

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**MARATHON HANDBOOK**

# 6 Month Marathon Training Guide

**J Spring**

## 6 Month Marathon Training Guide:

**Marathon Training For Dummies** Tere Stouffer Drenth,2011-05-04 In today's modern world there's no need for anyone to run twenty five miles to deliver a message as Pheidippides did from Marathon to Athens around 500 B C However hundreds of runners each year run 26.2 miles at hundreds of marathons worldwide To conquer this mountainous challenge you must know how to properly eat stretch identify and treat injuries and develop a running program that hones your mind and body into a running machine Marathon Training For Dummies is for everyone who has always thought about running a marathon or half marathon 13.1 miles and for seasoned runners who want to tackle the challenge safely and successfully This quick read reference helps all runners Add strength and speed Weight train Improve your technique Eat to maximize endurance Treat injuries Choose your races In just four to six months of dedicated training any runner can be fully prepared to tackle a marathon Map out an exercise program choose shoes and plan the race strategy that will get you across the finish line Marathon Training For Dummies also covers the following topics and more How far how fast Blazing the best trail Stretching methods Doing LSD Long Slow Distance Tempo run training The last 24 hours The best tune up races in North America The week after the marathon With several hundred thousand people finishing marathons each year you'll meet plenty of interesting people running along with you There are numerous rewards for conquering the mental and physical challenges of a marathon and this fun and friendly guide is your road map to achieving them

**Marathon and Half-Marathon** Marnie Caron,SportMedBC,2009-07-01 Over 20 million Americans run recreationally but doing it right is more than a matter of buying an expensive pair of shoes and heading for the track Building on the popularity of The Beginning Runner's Handbook this practical easy to use guide provides a step by step program for running a half or full marathon for the first time It shows readers how to get motivated and set realistic goals choose the proper shoes eat right build strength and endurance and avoid sore muscles and injury The book includes tips from elite runners on such subjects as staying motivated when the weather is extreme running technique running with a dog and running partners Finally the book describes strategies for the race what to expect on race day and the psychological effects of finishing a half or full marathon Most importantly it includes a full training program designed to ensure that that crucial first race is a winner

**Marathon, All-New 4th Edition** Hal Higdon,2011-09-27 Especially in tough economic times running offers an affordable and positive way to relieve stress and gain a sense of accomplishment Marathons and more than ever half marathons are the ultimate achievement for runners and have experienced an unprecedented boom in the last several years New hunger for reliable information on marathon and half marathon training as well as new technologies that have revolutionized ordinary people's ability to train intelligently means the time is right for a new edition of longtime Runner's World contributor Hal Higdon's classic guide to taking the guesswork out of preparing for a marathon whether it's a reader's first or fiftieth At the core of the book is Higdon's clear and essential information on training injury prevention and nutrition

With more than 25 percent new material this fourth edition of a running classic is a must own for both longtime runners and those new to the sport **Running Until You're 100** Jeff Galloway,2019-02-01 Running Until You're 100 is the must have guide that will keep runners fit as they age and help them run for life Using Jeff Galloway's proven Run Walk Run method this book offers step by step programs for runners in their 40s 50s 60s and 70s These programs make the needed adjustments for each decade which means the runner can enjoy exercise and enhance life without injury Also included is advice on nutrition and fat burning as well as how to determine current fitness level set appropriate goals and stay injury free Using these run walk low mileage programs will benefit the bones joints and heart and most runners are able to enjoy running with fewer aches and pains With this book anyone can run until they're 100 **Marathon, Revised and Updated 5th Edition** Hal Higdon,2020-03-03 Now completely updated and revised a new edition of the long running marathon training guide that has helped more than half a million people reach their goals Marathon The Ultimate Training Guide is among the bestselling running books of all time for many reasons but above all others is this one It works Marathon running has changed in the seven years since the fourth edition there are more runners than ever before the popularity of half marathons has grown immensely and guidelines for best recovery and diet practices have changed This revised fifth edition includes a new chapter on ultramarathons along with material on recovery techniques several new training programs and advice on how to win a Boston qualifying race and improve your personal record At its core remains Hal Higdon's clear and essential information on injury prevention training and nutrition Marathon demystifies the marathon experience and allows each runner to achieve peak performance without anguish or pain taking the guesswork out of marathon training whether it's for your first or fiftieth With Higdon's comprehensive approach and tried and tested methods any runner will learn how to optimize their training and achieve their marathon goals **Marathon** Hal Higdon,1999-10-15 As running's popularity soars millions are taking the marathon challenge Let Hal Higdon veteran of more than 100 marathons guide you through the training and preparations to ensure that you cross the finish line in triumph **Running the Marathon with Cancer** Doug Limbrick,2017-05-23 A few days before Doug Limbrick is to run a marathon he receives a diagnosis of colorectal cancer The large mass has been there for some time and must be removed at once What a shock for a healthy fit man who hasn't had a sick day from work in twenty years and has been a runner for thirty In his memoir the author shares what it is like to have major surgery that impacts him both physically and psychologically Six months of chemotherapy and five weeks of radiotherapy bring complications Yet Doug returns to running during chemotherapy in an attempt to regain some fitness and distract himself from the side effects of weeks of continuous infusions He runs while carrying a black box that delivers the chemotherapy drugs through a tube in his chest at predetermined intervals Living through more surgery and complications from septicemia and pneumonia he leaves the hospital after two months weighing 115 pounds 52 kilograms The long process of rehabilitation begins with the help of some very good friends Doug raises some important questions Why did he get cancer

Why did he survive And what did he learn The final chapter looks at life after cancer and the lessons Doug gleaned from his illness and recovery **Marathon!** Jeff Galloway,2000 Olympian Jeff Galloway has set up the program used by over 100 000 average sedentary people in their 30s 40s 50s and 60s to finish a marathon without major changes in lifestyle This book has the latest information on making the marathon your lifetime achievement and helps you enjoy it every step of the way back book cover

**Runner's World** ,2004 **Focus on the Marathon** John H. L. Humphreys,Ron Holman,1983 The Official Book of Running Bill Emmerton,Clifford George Gewecke,1978 How Road Racers Train Greg Brock,1980

**New Guide to Distance Running** Runner's World,1983 **Guide to Distance Running** Bob Anderson,Joe Henderson,1972 The Runner's Training Diary Bob Glover,Shelly-lynn Florence Glover,1997 The authors of the bestselling Runner s Handbook present a training diary that combines an attractive 52 week diary with all the most helpful information runners want to have at their fingertips Using the diary runners can keep a systematic account of runs times weather running paths distances conditions and other important facets of their life New Guide to Distance Running ,1979 **The Leatherneck** ,1977 Alberto Salazar's Guide to Road Racing Alberto Salazar,Richard A. Lovett,2003 Publisher Description **Congressional Record** United States. Congress,1980 The Official Railway Guide ,1874

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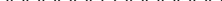
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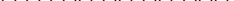
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