

# FITZ ONE HEALTH

## PHYSICAL THERAPY & WELLNESS

### 30-Week Newbie Marathon Training Plan

This free marathon training plan is designed for a newbie marathon runner who can run a minimum of 30-45 minutes consecutively without stopping. Following a 30-week training plan allows the body to adapt safely to the weekly mileage starting at 10 miles in the 1<sup>st</sup> week to a maximum of 32 miles in the 26<sup>th</sup> week. All paces should be 30 seconds to 1 minute slower than target race pace (ie. If target race pace is 9:30 min/mi, then average pace for all runs should be 10:00 min to 10:30 min/mi). Getting to the starting line healthy sets the runner up for success on race day. It takes a lot of time and consistency to run 26.2 miles. Good luck!

By Rob Strachan, PT, DPT

<u>Week</u>	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>	<u>Sun</u>	<u>Weekly Mileage</u>
1	Stretch/Strength	Run 3 mi	Stretch/Strength	Run 3 mi	Cross Train or OFF	Run 4 mi	Recovery Choice (bike, elliptical, walk, swim)	10 mi
2	Stretch/Strength	Run 4 mi	Stretch/Strength	Run 4 mi	Cross Train or OFF	Run 4 mi	Recovery Choice (bike, elliptical, walk, swim)	12 mi
3	Stretch/Strength	Run 5 mi	Stretch/Strength	Run 5 mi	Cross Train or OFF	Run 6 mi	Recovery Choice (bike, elliptical, walk, swim)	16 mi
4	Stretch/Strength	Run 3 mi	Stretch/Strength	Run 3 mi	Cross Train or OFF	Run 6 mi	Recovery Choice (bike, elliptical,	12 mi

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							walk, swim)	
5	Stretch/Strength	Run 4 mi	Stretch/Strength	Run 4 mi	Cross Train or OFF	Run 8 mi	Recovery Choice (bike, elliptical, walk, swim)	16 mi
6	Stretch/Strength	Run 5 mi	Stretch/Strength	Run 5 mi	Cross Train or OFF	Run 8 mi	Recovery Choice (bike, elliptical, walk, swim)	18 mi
7	Stretch/Strength	Run 3 mi	Stretch/Strength	Run 3 mi	Cross Train or OFF	Run 6 mi	Recovery Choice (bike, elliptical, walk, swim)	12 mi
8	Stretch/Strength	Run 4 mi	Stretch/Strength	Run 4 mi	Cross Train or OFF	Run 10 mi	Recovery Choice (bike, elliptical, walk, swim)	18 mi
9	Stretch/Strength	Run 5 mi	Stretch/Strength	Run 5 mi	Cross Train or OFF	Run 10 mi	Recovery Choice (bike, elliptical, walk, swim)	20 mi
10	Stretch/Strength	Run 3 mi	Stretch/Strength	Run 3 mi	Cross Train or OFF	Run 6 mi	Recovery Choice (bike, elliptical, walk, swim)	12 mi

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11	Stretch/Strength	Run 4 mi	Stretch/Strength	Run 4 mi	Cross Train or OFF	Run 12 mi	Recovery Choice (bike, elliptical, walk, swim)	20 mi
12	Stretch/Strength	Run 5 mi	Stretch/Strength	Run 5 mi	Cross Train or OFF	Run 12 mi	Recovery Choice (bike, elliptical, walk, swim)	22 mi
13	Stretch/Strength	Run 3 mi	Stretch/Strength	Run 3 mi	Cross Train or OFF	Run 6 mi	Recovery Choice (bike, elliptical, walk, swim)	12 mi
14	Stretch/Strength	Run 4 mi	Stretch/Strength	Run 4 mi	Cross Train or OFF	Run 14 mi	Recovery Choice (bike, elliptical, walk, swim)	22 mi
15	Stretch/Strength	Run 3 mi	Stretch/Strength	Run 3 mi	Cross Train or OFF	Run 6 mi	Recovery Choice (bike, elliptical, walk, swim)	12 mi
16	Stretch/Strength	Run 4 mi	Stretch/Strength	Run 4 mi	Cross Train or OFF	Run 10 mi	Recovery Choice (bike, elliptical, walk, swim)	18 mi
17	Stretch/Strength	Run 5 mi	Stretch/Strength	Run 5 mi	Cross Train or OFF	Run 16 mi	Recovery Choice (bike, elliptical,	26 mi

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							walk, swim)	
18	Stretch/Strength	Run 3 mi	Stretch/Strength	Run 3 mi	Cross Train or OFF	Run 6 mi	Recovery Choice (bike, elliptical, walk, swim)	12 mi
19	Stretch/Strength	Run 4 mi	Stretch/Strength	Run 4 mi	Cross Train or OFF	Run 10 mi	Recovery Choice (bike, elliptical, walk, swim)	18 mi
20	Stretch/Strength	Run 5 mi	Stretch/Strength	Run 5 mi	Cross Train or OFF	Run 18 mi	Recovery Choice (bike, elliptical, walk, swim)	28 mi
21	Stretch/Strength	Run 3 mi	Stretch/Strength	Run 3 mi	Cross Train or OFF	Run 6 mi	Recovery Choice (bike, elliptical, walk, swim)	12 mi
22	Stretch/Strength	Run 4 mi	Stretch/Strength	Run 4 mi	Cross Train or OFF	Run 10 mi	Recovery Choice (bike, elliptical, walk, swim)	18 mi
23	Stretch/Strength	Run 5 mi	Stretch/Strength	Run 5 mi	Cross Train or OFF	Run 20 mi	Recovery Choice (bike, elliptical, walk, swim)	30 mi

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24	Stretch/Strength	Run 3 mi	Stretch/Strength	Run 3 mi	Cross Train or OFF	Run 6 mi	Recovery Choice (bike, elliptical, walk, swim)	12 mi
25	Stretch/Strength	Run 4 mi	Stretch/Strength	Run 4 mi	Cross Train or OFF	Run 10 mi	Recovery Choice (bike, elliptical, walk, swim)	18 mi
26	Stretch/Strength	Run 5 mi	Stretch/Strength	Run 5 mi	Cross Train or OFF	Run 22 mi	Recovery Choice (bike, elliptical, walk, swim)	32 mi
27	Stretch/Strength	Run 3 mi	Stretch/Strength	Run 3 mi	Cross Train or OFF	Run 6 mi	Recovery Choice (bike, elliptical, walk, swim)	12 mi
28	Stretch/Strength	4 mi	Stretch/Strength	Run 4 mi	Cross Train or OFF	Run 14 mi	Recovery Choice (bike, elliptical, walk, swim)	22 mi
29	Stretch/Strength	5 mi	Stretch/Strength	Run 5 mi	Cross Train or OFF	Run 10 mi	Recovery Choice (bike, elliptical, walk, swim)	20 mi
30	Stretch	Run 3 mi	Stretch	Run 3 mi	OFF	OFF	RACE 26.2 mi	6 mi (before 26.2 mi)