

RUNNING TRAINING PLAN BASICS

The training plan is designed to prepare you for your race goals over the appropriate timeframe. We do this through two main methods: increasing mileage and increasing intensity over the duration of the training plan. For the most part, we try to set up training plans for 12–18-week durations. However, this can be adjusted.

Each training plan has a few main components:

1. Schedule

- a. Each plan is a 12–20-week plan.
- b. Each plan is broken up into 1 week bite-sized cycles.
- c. Each week or cycle is Sunday-Saturday.

2. Workouts

- a. For **Intermediate to Advanced plans**, the workouts will consist of:

i. Long Runs

1. Moderate plans: This is the longest run of the week. Take these as slowly as possible, and the goal is to finish. If you must walk, that's okay!
2. Advanced plans: This is the longest run of the week. Depending on the week of the plan, these may include a few miles at tempo or goal race pace.

ii. Tempo Runs

1. Tempo runs are moderate to hard intensity training run that last between 20 and 45 minutes. The pace varies between a 10k and Marathon race pace.

iii. Fartlek Intervals

1. Interval training includes short, intense bursts of running at near maximum speed for the given duration followed by rest periods of slow, easy jogging of similar duration.

iv. Progressive Runs

1. Progressive Runs include gradually increasing the speed and effort for each mile over a set distance.

v. Rest Days

1. Rest days are very important! Rest days are not a "day off" from training, but an intentional day to let your body recover.

vi. Cross Training

1. This can mean different things for different people. For some, it may be walking or intense manual labor. For others, it may include weightlifting, yoga, a hike, volleyball, or any other physical activity.

vii. Easy Runs

1. These runs are low and slow, and meant to be enjoyable and relatively easy. If you track your heart rate, it should be under 150 beats per minute average for the duration of the run.

viii. Recovery Runs



[HTTPS://RUNREVIEW.COM](https://runreview.com)

1. Recovery Runs differ from easy runs because they typically follow a day that includes tempo runs, intervals, or long runs. This pace is very slow, and your heart rate should be under 150 beats per minute. This may require walking.

At the end of your training plan is typically a race day. If you complete your training plan in its entirety, you will have a great likelihood of completing your race and reaching your goals.

If you must miss a workout, try your best to not miss the long runs, HIIT days, Tempo Runs, or Interval Runs. This may mean you shuffle your individual schedule during the week to prioritize your long run and your other workout day (Tempo, HIIT, or Interval.)

Sometimes life gets in the way. If you must miss long runs or other higher-intensity workout days, you should reconsider completing your race if you miss more than 20% of these two types of runs. For example: In a 16-week plan, you may have 16 long runs and 16 higher-intensity workouts, totaling 32 days. If you miss any combination of 6 or more of these days, the race should be reconsidered. Additionally, attempting a workout but not completing is not a "missed" workout. If incomplete workouts are not a weekly occurrence, it is not a problem.

Lastly, listen to your body and enjoy the plan!

Intermediate Marathon Training Plan

| Week | Day of Week | Workout | Miles | Interval Length | Inerval Sets | Tempo Length, Time | Weekly Miles |
|------|-------------|----------------|-------|-----------------|--------------|--------------------|--------------|
| 1 | Sunday | Cross Training | | | | | 25 |
| 1 | Monday | Easy Run | 4 | | | | 25 |
| 1 | Tuesday | Intervals | 5 | 0:01:00 | 5 | | 25 |
| 1 | Wednesday | Easy Run | 4 | | | | 25 |
| 1 | Thursday | Easy Run | 5 | | | | 25 |
| 1 | Friday | Rest | | | | | 25 |
| 1 | Saturday | Long Run | 7 | | | | 25 |
| 2 | Sunday | Cross Training | | | | | 27 |
| 2 | Monday | Easy Run | 5 | | | | 27 |
| 2 | Tuesday | Tempo | 5 | | | 0:20:00 | 27 |
| 2 | Wednesday | Easy Run | 5 | | | | 27 |
| 2 | Thursday | Rest | | | | | 27 |
| 2 | Friday | Easy Run | 4 | | | | 27 |
| 2 | Saturday | Long Run | 8 | | | | 27 |
| 3 | Sunday | Cross Training | | | | | 30 |
| 3 | Monday | Easy Run | 4 | | | | 30 |
| 3 | Tuesday | Intervals | 5 | 0:01:30 | 6 | | 30 |
| 3 | Wednesday | Easy Run | 6 | | | | 30 |
| 3 | Thursday | Rest | | | | | 30 |
| 3 | Friday | Easy Run | 5 | | | | 30 |
| 3 | Saturday | Long Run | 10 | | | | 30 |
| 4 | Sunday | Cross Training | | | | | 31 |
| 4 | Monday | Easy Run | 4 | | | | 31 |
| 4 | Tuesday | Tempo | 5 | | | 0:20:00 | 31 |
| 4 | Wednesday | Rest | 6 | | | | 31 |
| 4 | Thursday | Easy Run | | | | | 31 |
| 4 | Friday | Rest | 6 | | | | 31 |
| 4 | Saturday | Long Run | 10 | | | | 31 |
| 5 | Sunday | Cross Training | | | | | 29 |
| 5 | Monday | Easy Run | 5 | | | | 29 |
| 5 | Tuesday | Intervals | 5 | 0:02:00 | 6 | | 29 |
| 5 | Wednesday | Easy Run | 4 | | | | 29 |
| 5 | Thursday | Easy Run | 7 | | | | 29 |
| 5 | Friday | Rest | | | | | 29 |
| 5 | Saturday | Long Run | 8 | | | | 29 |
| 6 | Sunday | Cross Training | | | | | 32 |
| 6 | Monday | Easy Run | 5 | | | | 32 |
| 6 | Tuesday | Tempo | 6 | | | 0:30:00 | 32 |
| 6 | Wednesday | Recovery Run | 4 | | | | 32 |
| 6 | Thursday | Easy Run | 5 | | | | 32 |
| 6 | Friday | Rest | | | | | 32 |
| 6 | Saturday | Long Run | 12 | | | | 32 |
| 7 | Sunday | Cross Training | | | | | 35 |
| 7 | Monday | Easy Run | 4 | | | | 35 |

| | | | | | |
|--------------|----------------|------|---------|----|------|
| 7 Tuesday | Intervals | 6 | 0:01:00 | 10 | 35 |
| 7 Wednesday | Easy Run | 4 | | | 35 |
| 7 Thursday | Easy Run | 7 | | | 35 |
| 7 Friday | Rest | | | | 35 |
| 7 Saturday | Long Run | 14 | | | 35 |
| 8 Sunday | Cross Training | | | | 39 |
| 8 Monday | Easy Run | 4 | | | 39 |
| 8 Tuesday | Progressive | 7 | | | 39 |
| 8 Wednesday | Easy Run | 6 | | | 39 |
| 8 Thursday | Easy Run | 6 | | | 39 |
| 8 Friday | Rest | | | | 39 |
| 8 Saturday | Long Run | 16 | | | 39 |
| 9 Sunday | Cross Training | | | | 36 |
| 9 Monday | Easy Run | 4 | | | 36 |
| 9 Tuesday | Tempo | 5 | 0:25:00 | | 36 |
| 9 Wednesday | Recovery Run | 5 | | | 36 |
| 9 Thursday | Easy Run | 6 | | | 36 |
| 9 Friday | Rest | | | | 36 |
| 9 Saturday | Long Run | 16 | | | 36 |
| 10 Sunday | Cross Training | | | | 34.1 |
| 10 Monday | Easy Run | 7 | | | 34.1 |
| 10 Tuesday | Intervals | 5 | 0:02:00 | 9 | 34.1 |
| 10 Wednesday | Recovery Run | 5 | | | 34.1 |
| 10 Thursday | Easy Run | 4 | | | 34.1 |
| 10 Friday | Rest | | | | 34.1 |
| 10 Saturday | Long Run | 13.1 | | | 34.1 |
| 11 Sunday | Cross Training | | | | 38 |
| 11 Monday | Easy Run | 4 | | | 38 |
| 11 Tuesday | Tempo | 6 | 0:35:00 | | 38 |
| 11 Wednesday | Recovery Run | 4 | | | 38 |
| 11 Thursday | Easy Run | 6 | | | 38 |
| 11 Friday | Rest | | | | 38 |
| 11 Saturday | Long Run | 18 | | | 38 |
| 12 Sunday | Cross Training | | | | 42 |
| 12 Monday | Easy Run | 4 | | | 42 |
| 12 Tuesday | Tempo | 6 | 0:30:00 | | 42 |
| 12 Wednesday | Recovery Run | 5 | | | 42 |
| 12 Thursday | Easy Run | 7 | | | 42 |
| 12 Friday | Rest | | | | 42 |
| 12 Saturday | Long Run | 20 | | | 42 |
| 13 Sunday | Cross Training | | | | 43 |
| 13 Monday | Easy Run | 8 | | | 43 |
| 13 Tuesday | Intervals | 5 | 0:02:30 | 10 | 43 |
| 13 Wednesday | Easy Run | 3 | | | 43 |
| 13 Thursday | Easy Run | 7 | | | 43 |
| 13 Friday | Rest | | | | 43 |
| 13 Saturday | Long Run | 20 | | | 43 |
| 14 Sunday | Cross Training | | | | 36 |

| | | | | |
|--------------------|----------------|------|---------|--------------|
| 14 Monday | Easy Run | 4 | | 36 |
| 14 Tuesday | Tempo | 6 | 0:40:00 | 36 |
| 14 Wednesday | Recovery Run | 4 | | 36 |
| 14 Thursday | Progressive | 6 | | 36 |
| 14 Friday | Rest | | | 36 |
| 14 Saturday | Long Run | 16 | | 36 |
| 15 Sunday | Cross Training | | | 32.1 |
| 15 Monday | Easy Run | 4 | | 32.1 |
| 15 Tuesday | Tempo | 5 | 0:15:00 | 32.1 |
| 15 Wednesday | Recovery Run | 4 | | 32.1 |
| 15 Thursday | Easy Run | 6 | | 32.1 |
| 15 Friday | Rest | | | 32.1 |
| 15 Saturday | Long Run | 13.1 | | 32.1 |
| 16 Sunday | Cross Training | | | 39.2 |
| 16 Monday | Easy Run | 4 | | 39.2 |
| 16 Tuesday | Tempo | 4 | 0:15:00 | 39.2 |
| 16 Wednesday | Rest | | | 39.2 |
| 16 Thursday | Easy Run | 3 | | 39.2 |
| 16 Friday | Easy Run | 2 | | 39.2 |
| 16 Saturday | Race | 26.2 | | 39.2 |
| TOTAL MILES | | | | 523.4 |