

BQ RUN CLUB

6 WEEK FUNDAMENTAL (BASE) PERIOD FOR A 3:10 MARATHON							
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	40-45' easy run 9:20-8:35/mile 5:50-5:20/km Strength work	6 miles (10km) progressive on a hilly course 9:20-8:20/mile 5:50-5:10/km 4 strides	45' cardio (bike, rower, elliptical, etc.) Strength work	6 miles (10 km) easy run on a hilly course 9:20-8:35/mile 5:50-5:20/km 4 strides	10' warmup 4 strides 5.5 miles (9km) progressive on a flat course or track 8:40-8:00/mile 5:25-4:57/km 4 strides	Rest or easy core work	10 miles (16km) on a hilly course 9:20-8:40/mile 5:50-5:24/km
2	45' easy run 9:20-8:35/mile 5:50-5:20/km 6 strides Strength work	7.5 mi. (12km) progressive 9:20-7:55/mile 5:50-4:57/km 4 strides	45-50' cardio (bike, rower, elliptical, etc.) Strength work	6 miles (10 km) easy run on a hilly course 9:20-8:35/mile 5:50-5:20/km 6 strides	10' warmup 4 strides 6 miles (10km) progressive on a flat course or track 8:40-7:40/mile 5:25-4:44/km 4 strides	Rest or easy core work	11 miles (18km) on a hilly course 9:20-8:40/mile 5:50-5:24/km
3	45' easy run 9:20-8:35/mile 5:50-5:20/km 6 strides Strength work	10' warmup 4 strides 6 miles (10km) progressive 8:40-8:00/mile 5:25-4:57/km 4 strides	45' easy run 9:20-9:00/mile 5:50-5:40/km 6 strides Strength work	6 miles (10 km) 9:20-9:00/mile 5:50-5:40/km + 10x100m/100m (100m faster/ 100m jogging)	10' warmup 4 strides 6 miles (10km) progressive on a flat course or track 8:20-7:40/mile 5:10-4:44/km 4 strides	Rest or easy core work	12.5 miles (20km) on a hilly course 9:20-8:40/mile 5:50-5:24/km
4	45' easy run 9:20-8:35/mile 5:50-5:20/km 6 strides Strength work	7.5 miles (12km) progressive 9:20-7:40/mile 5:50-4:44/km 4 strides	30' easy run 4 strides 12x100m hills 5' cooldown jog back for rest 8 flat strides	45' easy run 9:20-8:35/mile 5:50-5:20/km 6 strides Strength work	10' warmup 4 strides 7.5 miles (12km) progressive on a flat course or track 8:00-7:15/mile 4:57-4:30/km 4 strides	Rest or easy core work	13.5 miles (22km) on a hilly course 9:20-8:20/mile 5:50-5:11/km
5	45' easy run 9:20-8:35/mile 5:50-5:20/km 6 strides Strength work	10' warmup 4 strides 8 miles (13km) steady tempo 7:35-7:30/mile 4:44-4:40/km 4 strides	30' easy run 4 strides 12x100m hills 5' cooldown jog back for rest 8 flat strides	7.5 miles (12km) hilly course 9:20-8:35/mile 5:50-5:20/km Strength work	10' warmup 4 strides 8 miles (13km) progressive on a flat course or track 8:00-7:15/mile 4:57-4:30/km 4 strides	Rest or easy core work	13.5 miles (22km) on a hilly course 9:20-8:20/mile 5:50-5:11/km
6	45' easy run 9:20-8:35/mile 5:50-5:20/km 6 strides Strength work	10' warmup 4 strides 8 miles (13km) progressive on a flat course or track 7:35-7:20/mile 4:44-4:35/km 4 strides	45' easy run 9:20-8:35/mile 5:50-5:20/km 6 strides Strength work	7.5 miles (12km) 9:20-9:00/mile 5:50-5:40/km + 10x100m/100m (100m faster/ 100m jogging)	10' warmup 4 strides 9x1km 3@4:25/km 3@4:20/km 3@4:15/km 1' easy jog rest	Rest or easy core work	15 miles (24km) on a hilly course 9:20-8:20/mile 5:50-5:11/km