



MARATHON TRAINING PLAN

 **CREATED BY:** Toni Kengor, RRCA-certified run coach

RUNNING ▶ Keep your runs at an easy "conversational" pace (60-90 seconds slower than Goal Marathon Pace).

STRIDES ▶ Start at a jog, build to 95% of your max effort speed, and then gradually slow to a stop. Complete 4-6 x 20-30 seconds of accelerations, jog or rest for 1 minute between rounds.

WARM-UP ▶ Before every single run, do a warm-up that includes muscle activation and dynamic stretches.

DURATION OPTION FOR LONG RUNS ▶ This plan is inclusive of all paces and abilities. Follow miles or minutes, whichever feels better.

STRENGTH ▶ Aim for 15 to 30 minutes of strength training.

BASE MILEAGE PREP (OPTIONAL)

WEEK 1	MON	TUESDAY	WED	THURSDAY	FRI	SAT	SUNDAY
MILEAGE: 20 miles	×	3 miles + strength	4 miles	4 miles + strength	×	3 miles	6 miles or 0 60 min
WEEK 2	MON	TUESDAY	WED	THURSDAY	FRI	SAT	SUNDAY
MILEAGE: 21 miles	×	3 miles + strength	4 miles	4 miles + strength	×	3 miles	7 miles or 0 1 hr 10 min
WEEK 3	MON	TUESDAY	WED	THURSDAY	FRI	SAT	SUNDAY
MILEAGE: 22 miles	×	3 miles + strength	5 miles	4 miles + strength	×	3 miles	7 miles or 0 1 hr 10 min
WEEK 4	MON	TUESDAY	WED	THURSDAY	FRI	SAT	SUNDAY
MILEAGE: 23 miles	×	3 miles + strength	5 miles	4 miles + strength	×	3 miles	8 miles or 0 1 hr 20 min

Competitive Runners Training

Hal Higdon

Competitive Runners Training :

The Competitive Runner's Handbook Bob Glover,Shelly-lynn Florence Glover,1999-04-01 For both runners entering that first neighborhood race and elite marathoners trainers Bob and Shelly lynn Florence Glover s completely revised guide is the book on training to compete A book that s already sold close to 200 000 copies The Competitive Runner s Handbook will now offer all the latest information needed to design basic training programs special workouts to increase strength endurance and power schedules and worksheets to develop individual goals and specifics on preparing for all kinds of races with an emphasis on the 10K and the marathon Informed by their over thirty years of coaching experience the Grovers give winning tips on alternative training footwear and diet and common injuries and illnesses as well as sensible advice on balancing running with work and home life

The Competitive Runner's Training Book Bill Dellinger,Bill Freeman,William Hardin Freeman,1984 A guide to the development of a training program for running includes discussions of exercises diet and racing strategies

Run Faster from the 5K to the Marathon Brad Hudson,Matt Fitzgerald,2008-07-29 Learn how to run faster unlock your potential and reach peak performance with this practical guide featuring training advice from a former Olympic trials marathoner and coach to Olympians Reading this book can help take you to the next level and keep pushing you up as far and fast as you want to go Sarah Toland former NCAA All American USA National Cross Country Team member and Olympic Trials qualifier for the 5 000 and 10 000 Brad Hudson is the most innovative running coach to come along in a generation Until now only a handful of elite athletes have been able to benefit from his methods With Run Faster from the 5K to the Marathon Hudson shows all runners how to coach themselves as confidently and effectively as he coaches his world class athletes Becoming your own best coach is the ticket to running faster at any distance First you will learn to assess your abilities Then you ll learn how to devise a training program specifically geared to you Filled with easy to follow sample training programs for distances ranging from the 5K to the marathon and abilities ranging from novice to advanced this is the cutting edge guide for optimal performance With Hudson s guidance you can train smarter and more effectively and avoid injury And you ll soon be running faster than you ever thought possible

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

Masters Running Hal Higdon,2005-03-10 A championship runner describes the techniques and methods needed to become a competitive runner after age forty with information on intelligent training developing fitness and flexibility maintaining a healthy diet and much more Original 20 000 first printing

Young Runners at the Top Brad Hudson,Lize Brittin,Kevin Beck,2017-06-16 In today s hyper competitive world young athletes are often pushed to compete and pressured to succeed to the point of burnout It doesn t have to be that way though because many young runners

genuinely enjoy training and racing But in order to train and compete intelligently to become better runners yet avoid injuries or academic and social missteps they need guidance Young Runners at the Top A Training Racing and Lifestyle Guide for Competitors and Coaches provides helpful instructions and suggestions for runners of all abilities Drawing on their experiences as coaches and runners authors Brad Hudson Lize Brittin and Kevin Beckoffer insights into how pre teens and teens can become faster and stronger athletes Chapters cover such key topics as choosing the right gear cross training the mental side of running new technology how to integrate running into daily life and proper nutrition Sample training schedules for beginning intermediate and elite runners make this a truly comprehensive resource for runners at all levels Using examples of athletes who have excelled both as youngsters and adults and citing wisdom from top running coaches this book encourages young runners to develop the inner strength and discipline required in a demanding sport Ultimately Young Runners at the Top shares with athletes coaches and parents not only what it takes to become a top runner but also how to maintain a positive attitude and enjoy the act of running day after day year after year **5K and 10K Training** Brian Clarke,2008-11-14 Make your workouts count with the breakthrough system that synchronizes your energy levels with your training effort Instead of fighting your body to finish a workout just because it's written on the calendar choose the most effective workout from 5K and 10K Training based on your body's capacity to perform at any given time Effort based training maximizes training adaptation by matching the goal of each workout with its optimal training level hard when energy is high and recovery is adequate and easy when energy is low and you're under physical stress Effort based training also gives you the most control over the training process allowing you to stay injury free while actually increasing the energy you have available for workouts Sample programs contain a variety of schedules and detailed workouts for developing five race specific abilities Run stronger and faster with more energy by using the proven system in 5K and 10K Training With customizable programs to choose from and accompanying training logs you can use to record and evaluate your progress this unique system is the fastest way to reach your training 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 **The Competitive Runner's Handbook** Bob Glover,Shelly-lynn Florence Glover,1999-04-01 For both runners entering that first neighborhood race and elite marathoners trainers Bob and Shelly Lynn Glover's completely revised guide is the book on training to compete A book that's already sold close to 200 000 copies The Competitive Runner's Handbook will now offer all the latest information needed to design basic training programs special workouts to increase strength endurance and power schedules and worksheets to develop individual goals and specifics on preparing for all kinds of races with an emphasis on the 10K and the marathon Informed by their over thirty years of coaching experience the Glovers give winning tips on alternative training footwear and diet and common injuries and illnesses as well as sensible advice on balancing running with work and home life **RUN**

Fitzgerald Matt,2010-05-24 Most serious runners don t realize their potential They simply stop getting faster and don t understand why The reason is simple most runners are unable to run by feel The best elite runners have learned that the key to faster running is to hear what their bodies are telling them Drawing on new research on endurance sports best selling author Matt Fitzgerald explores the practices of elite runners to explain why their techniques can be effective for all runners RUN The Mind Body Method of Running by Feel will help runners reach their full potential by teaching them how to train in the most personalized and adaptable way Fitzgerald s mind body method will revolutionize how runners think about training their personal limits and their potential RUN explains how to interpret emotional and physical messages like confidence enjoyment fatigue suffering and aches and pains RUN guides readers toward the optimal balance of intensity and enjoyment volume and recovery repetition and variation As the miles add up runners will become increasingly confident that they are doing the right training on the right day from one season to the next RUN marks the start of a better way to train The culmination of science and personal experience the mind body method of running by feel will lead runners to faster more enjoyable training and racing

Training for Young Distance Runners Laurence S. Greene,Russell R. Pate,2004 Race your best this season with science based training specifically geared for teenage runners Your performance will soar when you follow the proven guidelines on designing customized daily weekly and seasonal programs Running experts Larry Greene and Russ Pate combine the latest research with what works in the most successful high school and college programs throughout the country You ll learn how to optimize performance through tempo running interval training technique drills circuit and weight training and flexibility exercises And you ll gain a competitive advantage by applying guidelines for choosing the best foods and nutritional supplements developing mental fitness and preventing injuries Training for Young Distance Runners has everything you need to build a winning training program for cross country track and field and road racing events Get this book and get ahead of the pack

Build Your Running Body: A Total-Body Fitness Plan for All Distance Runners, from Milers to Ultramarathoners - Run Farther, Faster, and Injury-Free Melissa Breyer,Pete

Magill,Thomas Schwartz,2014-07-29 The best running book ever Bob Anderson founder of Runner s World Whether you re a miler or an ultramarathoner if you want a fit fast and injury resistant running body there s a better way to train than relentlessly pursuing mileage This easy to use workout manual draws on the latest research in running physiology to target all the components that go into every stride including muscles connective tissue cardiovascular fitness energy production the nervous system hormones and the brain With the breakthrough whole body training program in Build Your Running Body runners will improve their times run longer and more comfortably and reduce injury With more than 150 workouts from weightlifting and cross training to resistance exercises and plyometrics fine tuned to individual skill levels and performance goals PLUS 393 photos that make it easy to follow every step of every workout 10 training programs to help runners of all levels integrate the total body plan into their daily routines Interviews with leading runners exercise scientists and coaches

learn how elite runners train today Race strategy for the crucial weeks leading up to the competition and through to the finish line Exercises to prevent injury and rehabilitate common running ailments Seasoned insight on barefoot running the pros and cons of stretching and other hot button topics Nutrition guidance on carbs proteins fats and weight loss More than 30 recipes to speed recovery and cement fitness gains Beginners guidelines every step of the way Valuable tips on proper apparel tracking your progress and more

Marathon Running Richard Nerurkar,2012-08-30 Written by Richard

Nerurkar Britain s most successful marathon runner of the 1990s the fourth edition of this classic invaluable guide will help you get the most from your distance training From the complete beginner enchanted by the challenge of the London Marathon to the experienced runner wishing to improve on racing strategy its authoritative pages reveal a wealth of information on Structuring an effective build up and taper Training harder without doing too much Improving your endurance and pace judgement Producing your best on race day This new edition has been fully updated to take account of the latest developments in running science and programme design Also included are tips on how to choose a good marathon and the pitfalls of bad ones as well as more insights from Richard and other leading runners

Runner's World Training

Journal Editors of Runner's World Maga,2012-05-08 A revised edition of the ultimate week by week training journal for runners of all abilities from the top experts in the sport Runner s World Training Journal by the Editors of Runner s World provides the perfect framework to help every kind of runner from fitness joggers to competitive racers track a year s worth of runs This updated and revised version includes the latest tips advice and motivation from the pros to keep runners going all year long With space for recording daily routes mileage times and notes s well as weekly doses of information on training nutrition and injury prevention eaders can track their progress as they achieve their running goals whether they seek better aerobic conditioning weight loss or world records The only runner s training journal with full color photos throughout and top notch tips from the experts at Runner s World this handsomely redesigned journal provides Smear proof paper and a handy spiral binding for ease of use A mple space for readers to record facts about each day s run including route distance time and cross training and to note how they felt at the time A Week at a Glance feature that helps runners summarize their weekly training quickly and easily Advice for runners on how to analyze their data and set new goals for the next year

Marathon

Running Richard Nerurkar,2000-01-01 Intended for everyone from the complete beginner to the experienced runner wishing to improve on racing strategy this book gives information on structuring an effective build up training harder without doing too much improving your pace judgement and producing your best on race day

Hal Higdon's Smart Running

Hal Higdon,1998-06-15 Presents questions and answers from the Ask the Experts column on America Online with tips on equipment technique training racing and health and fitness

101 Winning Racing Strategies for Runners Jason

Karp,2012

Treadmill Training for Runners Rick Morris,2009-02 The popularity of the treadmill is exploding More and

more runners from beginners to top level competitive runners are using the treadmill to train for all race distances from 2

miles to a full marathon The treadmill is the ideal piece of exercise equipment to help you meet your running goal whether it is to learn to run or set a new personal record This is the definitive book on treadmill training Treadmill training for Runners will show you how to use the treadmill to reach your running goals You'll learn how to Shop for purchase and maintain your treadmill Lose weight using the treadmill Increase your fitness and reduce stress Incorporate the treadmill into your training Avoid common treadmill pitfalls Solve common treadmill training problems Train to race a 5K 10K half marathon or full marathon using the treadmill This revised and updated Second edition of Treadmill Training for Runners includes over 60 treadmill workouts with 12 new treadmill workouts not included in the first edition There are complete training programs included for all Types of runners including beginners fitness runners weight loss runners and competitive runners Running Planet's College of Running Book Series is the first series of its kind to bring you the most cutting edge training information written by professional running coaches and personal trainers *Runner's World Best: Competitive Running* Adam Bean, 2006-08-22 A concise illustrated reference outlines the benefits of competitive running counseling athletes of any level on basic principles of various races from 5K runs to marathon competitions in a guide that covers such topics as nutrition hydration and strength and flexibility training Original **Competitive Running** Alexander Gentemann, 2017-07-16 For many people running is an enjoyable hobby they practice to relax after work and to stay fit For some it also turns into a competitive sport the possibility to challenge oneself and to compete against others Often times this evolution leads to a journey of self improvement the understanding of the training process how does one become a better runner On this journey websites are reviewed books are bought and training plans executed The competitive runners realize that a vast portion of the available running literature is geared towards the beginner These books deal with aspects like what a proper running shoe should look like or how to use running as a means to fight obesity On the other side of the spectrum books exist that are written by successful coaches of world class athletes Many aspects of daily training are implied in these advanced publications that are not necessarily known to a runner who has understood the beginners books but does not have access to world class coaching Therefore it is quite difficult to advance from the status of a beginner towards the competitive running environment Many runners will never advance enough using the training plans they are accustomed to Others will simply get injured on the way by taking the wrong approach or doing too much For the runner who wishes to improve beyond the beginner status triggered by a personal need of the author this book was written The question how to bridge the gap between the beginner and the competitive athlete will be addressed Also how to approach this journey without getting injured is of great importance In many cases this advancement process also implies to have fun along the way A lot of runners feel that competitiveness is synonymous with a reduction in the joy of running It will be shown that the idea of becoming a better runner and thereby being able to compete well in races is merely dependent on consistency and the right planning not simply dependent on training harder To take this concept to a greater level a method is introduced how to race

well with enjoyment as the key focus

Delve into the emotional tapestry woven by Emotional Journey with in Dive into the Emotion of **Competitive Runners Training** . This ebook, available for download in a PDF format (*), is more than just words on a page; it is a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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