

Refer to the bottom of this document for valuable information about marathon training!

Training Plan

Key:

- HMP / MP / 10kP / 5kP = half-marathon pace / marathon pace / 10k pace / 5k pace
- ez = easy run
- LR = long run
- W = workout
- _s = _ seconds
- CT = cross-training

Notes:

- The week of Feb. 7 is an optional down week (of ~40 miles)
- MILEAGE IS SUSCEPTIBLE TO CHANGE BASED ON HOW THE BODY FEELS
- Long runs on Saturdays (could make Sunday our long run day, doesn't matter!)
- Cross-training will consist of biking and strength training (e.g., HIT circuits, squats, bridges, etc.)
- Ab stuff on Tues., Thurs., Sat.
- Maybe some overcompensation training in there? (2 weeks in duration)
 - Jump to high HIGH mileage (90 tops) and intensify workouts some
 - Back to back hard efforts (perhaps a hard workout followed by a long run or vice versa)
 - Proven to cause a jump in fitness/performance (however, at the increased risk of injury which is why we should make this a gametime decision dependent upon how the body feels)
- Experimentations of this training plan: higher mileage and potential overcompensation training

PACES FOR JACOB (the faster paces are guesstimations):

- MP → 5:55-6:00 / mile
- HMP → 5:30-5:35 / mile
- 10kP → 5:10-5:20 / mile
- 5kP → 5:00 / mile
- mileP → 4:30 / mile

You can get an estimate of your various paces by plugging in your best race time into this site: <https://runsmartproject.com/calculator/> and referring to the "Equivalent" tab. Another great resource is https://lukehumphreyrunning.com/hmmcalculator/race_equivalency_calculator.php which serves a similar purpose!

PACE TABLE:

Mile	200m	300m	400m	600m	800m	1000m	1200m
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Paces							
4:30	33.75s	50s	67.5s	1:41	2:15	2:48	3:21
5:00	37.5s	56s	75s	1:52	2:30	3:06	3:44
5:10-5:20	38.5-40s	58-60s	77-80s	1:56-1:59	2:35-2:40	3:13-3:19	3:51-3:59
5:30-5:35	41-42s	62s	82-83s	2:03-2:05	2:44-2:47	3:25-3:28	4:06-4:10
5:55-6:00	44s-45s	66-67s	88-90s	2:12-2:14	2:56-3:00	3:41-3:44	4:25-4:30

I used <https://www.active.com/fitness/calculators/pace> to calculate these times.

PLAN STRUCTURE:

- **5 weeks base** (ez's only) → **blue**
 - 1 week in → 2/3 days of **striders**
 - 2 weeks in → 30-60s **hill repeats** (during or after)
 - 4-5 weeks in → **mini-tempos/light fartleks**
- **3 weeks 5k/10k/half-marathon prep** (focusing on building the speed/strength with 400m-1600m repeats as well as tempos/long intervals at HMP) → **red**
 - 12 x 400m @ 5k pace (75s-70s)
 - 6-8 x 800m @ 5kP (2:35-2:20)
 - **1 mile @ 10kP, 2 x 800 @ 5kP, 4 x 400 @ 5kP, 1 mile @ 10kP, OR 1 mile @ 10kP, 4 x 400 @ 5kP, 8 x 200 @ mileP, 1 mile @ 10kP (something like this that has that ladder structure)**
 - 3-4 x (3-4 x 300) @ hard effort
 - 4-6 x 1200m @ 5kP
 - **4-5 x 1600m @ 5kP**
 - 4 @ HMP + 3 min jog + 1 @ HMP-10kP
 - 2 x (2k @ HMP, 1k @ 10kP) w/ 2 min rest, 5 x 400m @ 5kP w/ 1 min rest
 - 5-8 x 1k w/ 75-90s rest
 - 5k TT
- **5 weeks marathon prep** (marathon pace long run workouts, tempos, and high repetition speed sessions) → **green**
 - Tempo workouts:
 - **5 miles tempo, 3 miles tempo, 1 mile SEND**
 - 6-8 @ tempo
 - Marathon pace long run workout examples:
 - **3 x 5k @ 10kP/HMP**
 - 6-10 @ MP
 - 3 x 3-4 @ MP
 - 2 x 6 @ MP
 - **60 min WU, 6 x (3 min @ 10kP, 2 min @ MP), 20 min CD**
 - High repetition speed sessions:
 - **20 x 1k @ HMP-10kP w/ 75-90s rest**

- 5-8 x 2k @ HMP
- 6-8 x 1600m @ 10kP-5kP
- 8 cutdown (faster every 2 miles) @ MP-HMP
- **3 weeks taper** → light blue

Workouts are marked in orange.
Bolded long runs are long run workouts.

The actual 16-week training plan:

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Mileage
Jan 4	5	4	5	5	4	7	CT	30
Jan 11	7	5	8	6	5	9	CT	40
Jan 18	8	6	10	8	6	12	CT	50
Jan 25	8	8.5	11	9.5	9	14	CT	60
Feb 1	10	8	11	9	8	15	CT+ 4	65 or 40
Feb 8	10	7	12	9	7	16	CT + 4	65
Feb 15	8	10	8	13	8	17	CT + 6	70
Feb 22	11	9	12	9	8	18	CT + 8	75 or 40
Mar 1	13	8	10	12	6	19	CT + 7	75
Mar 8	13	9	10	12	8	20	CT + 8	80
Mar 15	13	9	10	13	8	20	CT + 7	80
Mar 22	14	9	10	13	7	21	CT + 6	80
Mar 29	14	9	8	15	6	23	CT	75
Apr 5	8	8.5	11	9.5	7	16	CT	60
Apr 12	7	5	6	6	4	12	bool	40
Apr 19	8	bool	5.5	3	4	bool	RACE DAY BABY	20-30
April 26	bool	bool	bool	bool	bool	bool	bool	0

NOTES ABOUT MARATHON TRAINING:

- Don't do this much mileage unless you are an experienced runner and know you can handle such without a substantial risk of injury! The same goes for overcompensation training; in most cases, it should be avoided.
- If you aren't experienced, I would lean in the direction of a slower buildup in mileage, as opposed to what I did which was increase weekly mileage in increments of 10 over the course of the first 4 weeks. It is generally smart to follow the 10% rule which means that you shouldn't be increasing mileage by more than 10% from one week to the next (unless you are experienced and know that you won't get injured by making > 10% jumps in weekly mileage).
- I would NOT do 4 long runs over 20 miles if you are new to the marathon distance / not a very experienced runner. Rather, I'd recommend shooting for 1-2 long runs of 20+ miles (no need to go over 22).
- Long run workouts are NOT a necessity, but I find them very helpful in that they make long runs feel shorter (since it breaks up your run into pieces (warmup, workout portion, cooldown)) and give you increased confidence (as well as fitness).

FOR FURTHER INFORMATION (REFERENCES):

- Take a look at <https://www.baa.org/races/boston-marathon/boston-marathon-training> for further inspiration (for workouts, long runs, mileage buildup, etc.) for the marathon. If you are taking this somewhat seriously, I'd look at the level 3 or level 4 training plan!
- You can find some pretty solid marathon workouts here:
https://www.letsrun.com/forum/flat_read.php?thread=2487659
- Jack Daniels Running Formula Notes:
<https://docs.google.com/document/d/18SWdjrKfZuC3KK4pPRLozozSiffsztMKCDk9RSmviqw/edit?usp=sharing>

ENDORSEMENT OF PLAN:

- I ran a [PR](#) of 2:30:49, equating to 5:45/mile pace. My goal was within the 5:40-5:50/mile pace range so I was stoked about this result.
- My training partner (and your race coordinator) Patrick Bowman ran a [PR](#) of 2:42:22, equating to 6:12/mile pace. His goal was to be a tad faster than this, but he was still happy with the outcome!

You WILL get fit from this plan!!! Trust the process and enjoy it. :)