

Coach Brendan SM Running

Schedule #1 - Continuous Run

This training schedule is designed for those runners who have not previously run a marathon, or are new to endurance running but have been running on a regular basis (at least 3 - 4 days a week) for at least the previous 6 months.

Please visit your physician for an examination before starting an exercise program.

Recommended requirements to follow this training program: average weekly mileage has been at least 15 - 20 miles per week and able to run at least 7 miles continuously and comfortably.

The goal for those following this schedule is to finish the race running throughout and finish comfortably.

Abbreviations and terms are explained in the workout key found behind the Weekly Schedule.

Holidays noted in Red.

WEEKLY SCHEDULE AT A GLANCE							
Training							
Week Number	Sunday (Rest)	Monday (Easy)	Tuesday (Easy or Speed)	Wednesday (Cross Train)	Thursday (Easy)	Friday (Rest)	Saturday (Long-LSD)
	28-May	29-May	30-May	31-May	1-Jun	2-Jun	3-Jun
1	Rest	4 Miles EZ Memorial Day	4 Miles EZ	30 - 40 Minutes XT	4 Miles EZ	Rest	5 Miles LSD
	4-Jun	5-Jun	6-Jun	7-Jun	8-Jun	9-Jun	10-Jun
2	Rest	4 Miles EZ	5 Miles EZ	30 - 40 Minutes XT	4 Miles EZ	Rest	6 Miles LSD
	11-Jun	12-Jun	13-Jun	14-Jun	15-Jun	16-Jun	17-Jun
3	Rest	4 Miles EZ	5 Miles EZ	30 - 40 Minutes XT	4 Miles EZ	Rest	8 Miles LSD

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	<u>18-Jun</u>	<u>19-Jun</u>	<u>20-Jun</u>	<u>21-Jun</u>	<u>22-Jun</u>	<u>23-Jun</u>	<u>24-Jun</u>
4	Rest	4 Miles EZ	5 Miles EZ	45 - 50 Minutes XT	4 Miles EZ	Rest	10 Miles LSD
	<u>25-Jun</u>	<u>26-Jun</u>	<u>27-Jun</u>	<u>28-Jun</u>	<u>29-Jun</u>	<u>30-Jun</u>	<u>1-Jul</u>
5	Rest	5 Miles EZ	6 Miles Fartlek OR 30 Minutes - Hills if available	45 - 50 Minutes XT	6 Miles EZ	Rest	6 Miles LSD
	<u>2-Jul</u>	<u>3-Jul</u>	<u>4-Jul</u>	<u>5-Jul</u>	<u>6-Jul</u>	<u>7-Jul</u>	<u>8-Jul</u>
6	Rest	6 Miles EZ	6 Miles Tempo 4th of July Holiday	45 - 50 Minutes XT	5 Miles EZ	Rest	11 Miles LSD
	<u>9-Jul</u>	<u>10-Jul</u>	<u>11-Jul</u>	<u>12-Jul</u>	<u>13-Jul</u>	<u>14-Jul</u>	<u>15-Jul</u>
7	Rest	6 Miles EZ	6 Miles Negative Split	60 Minutes XT	5 Miles EZ	Rest	12 Miles LSD

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	<u>16-Jul</u>	<u>17-Jul</u>	<u>18-Jul</u>	<u>19-Jul</u>	<u>20-Jul</u>	<u>21-Jul</u>	<u>22-Jul</u>
8	Rest	5 Miles EZ	5 Miles Tempo	60 Minutes XT	4 Miles EZ	Rest	14 Miles LSD
	<u>23-Jul</u>	<u>24-Jul</u>	<u>25-Jul</u>	<u>26-Jul</u>	<u>27-Jul</u>	<u>28-Jul</u>	<u>29-Jul</u>
9	Rest	6 Miles EZ	6 Miles Tempo OR 35 Minute - Hills if available	60 Minutes XT	5 Miles EZ	Rest	10 Miles LSD
	<u>30-Jul</u>	<u>31-Jul</u>	<u>1-Aug</u>	<u>2-Aug</u>	<u>3-Aug</u>	<u>4-Aug</u>	<u>5-Aug</u>
10	Rest	5 Miles EZ	6 Miles Negative Split	45 - 50 Minutes XT	4 Miles EZ	Rest	15 Miles LSD
	<u>6-Aug</u>	<u>7-Aug</u>	<u>8-Aug</u>	<u>9-Aug</u>	<u>10-Aug</u>	<u>11-Aug</u>	<u>12-Aug</u>
11	Rest	6 Miles EZ	6 Miles Tempo	60 Minutes XT	5 Miles EZ	Rest	12 Miles LSD

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	<u>13-Aug</u>	<u>14-Aug</u>	<u>15-Aug</u>	<u>16-Aug</u>	<u>17-Aug</u>	<u>18-Aug</u>	<u>19-Aug</u>
12	Rest	4 Miles EZ	6 Miles Negative Split	60 Minutes XT	4 Miles EZ	Rest	16 Miles LSD
	<u>20-Aug</u>	<u>21-Aug</u>	<u>22-Aug</u>	<u>23-Aug</u>	<u>24-Aug</u>	<u>25-Aug</u>	<u>26-Aug</u>
13	Rest	5 Miles EZ	7 Miles Tempo	45 - 50 Minutes XT	5 Miles EZ	Rest	12 Miles LSD
	<u>27-Aug</u>	<u>28-Aug</u>	<u>29-Aug</u>	<u>30-Aug</u>	<u>31-Aug</u>	<u>1-Sep</u>	<u>2-Sep</u>
14	Rest	5 Miles EZ	5 Miles Tempo	45 - 50 Minutes XT	4 Miles EZ	Rest	18 Miles LSD
	<u>3-Sep</u>	<u>4-Sep</u>	<u>5-Sep</u>	<u>6-Sep</u>	<u>7-Sep</u>	<u>8-Sep</u>	<u>9-Sep</u>
15	Rest	5 Miles EZ Labor Day	5 Miles Tempo	45 - 50 Minutes XT	4 Miles EZ	Rest	13 Miles LSD

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	<u>10-Sep</u>	<u>11-Sep</u>	<u>12-Sep</u>	<u>13-Sep</u>	<u>14-Sep</u>	<u>15-Sep</u>	<u>16-Sep</u>
16	Rest	6 Miles EZ	6 Miles MP	45 - 50 Minutes XT	4 Miles EZ	Rest	20 Miles LSD
	<u>17-Sep</u>	<u>18-Sep</u>	<u>19-Sep</u>	<u>20-Sep</u>	<u>21-Sep</u>	<u>22-Sep</u>	<u>23-Sep</u>
17	Rest	5 Miles EZ	7 Miles MP	45 - 50 Minutes XT	4 Miles EZ	Rest	12 Miles LSD
	<u>24-Sep</u>	<u>25-Sep</u>	<u>26-Sep</u>	<u>27-Sep</u>	<u>28-Sep</u>	<u>29-Sep</u>	<u>30-Sep</u>
18	Rest	4 Miles EZ	6 Miles MP	45 - 50 Minutes XT	4 Miles MP	Rest	6 Miles MP
	<u>1-Oct</u>	<u>2-Oct</u>	<u>3-Oct</u>	<u>4-Oct</u>	<u>5-Oct</u>	<u>6-Oct</u>	<u>7-Oct</u>
19	4 Miles MP	4 Miles MP	Rest	4 Miles MP	Rest	Rest	*Lesser of 3 Miles OR 25 Minutes at MP *Optional Workout

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To read the workout key:									
Cross-Train (XT): Non-weight bearing activity. Examples are biking, swimming, stair climber or elliptical trainer. Purpose is to maintain and build on aerobic fitness and capacity while reducing the stress on the body resulting from running.									
Easy Run (EZ): This is a recovery run. If training with a heart rate monitor, stay in the 65 - 70% zone. You should be able to complete the workout with the ability to talk comfortably in complete sentences. This pace allows recovery from hard workouts.									
Fartlek: Alternating irregular fast and slow intervals; may be done by time or by markers on the running course.									
Hills: Running over a course with intermittent hills or hill repeats. If running hill repeats, the hill should have a moderate slope and extend for 200 - 400 meters. Run up the hill, focusing on the same leg turnover, but with shorter strides. After cresting the hill, relax and run down the hill with easy strides. Recover between each hill repeat. Mileage indicated is total distance of workout, including mileage for warmup and cooldown. If hills are unavailable, run on a treadmill with an incline of 3 - 5 % grade. Intersperse hill repeats with recovery.									
LSD: Long Slow Distance Run, pace is at least 45 seconds - 1 minute per mile slower than projected marathon pace. Conversational pace.									
Marathon Pace (MP): A run at or approximating projected race pace. Any Race Pace run begins and ends with a warm up and cool down for the first and last half to full mile (incorporated into the total mileage of the workout).									
Negative Split: Running second half of workout 1 - 3 minutes faster than first half of workout.									
Rest: No training activity this day. Allows recovery from training. These are necessary components to allow the body to progress and get stronger, allowing adaptation for the next training segment.									
Tempo: Quicker paced run, able to hold for a hour, estimate running at 15 seconds per mile slower than 10K pace.									
Track: Workout best performed on a quarter mile (400 Meters) track; workout measured in meters run and mileage approximated. Interval pace @ 5K - 10K.									
wu & cd: warm up and cool down (start and end of designated runs)									

TRAINING LOG TEMPLATE							
WEEK _____							
Sunday							
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							

Coach Brendan Running

Schedule #2 - Intermediate Run

This training schedule is designed for those runners who have been running regularly (3-4 days a week) for at least six months.

Please visit your physician for an examination before starting an exercise program.

Recommended requirements to follow this training program: you have run at least two half marathons or one marathon in the last two years; average weekly mileage has been at least 20 - 25 miles per week; and you are able to run at least 8 miles continuously and comfortably.

The goal for this program is to complete a marathon and improve finish time using a Continuous Run strategy.

Abbreviations and terms are explained in the workout key found behind the Weekly Schedule.

Holidays noted in Red.

WEEKLY SCHEDULE AT A GLANCE

Training Week Number	Sunday (Rest)	Monday (Easy)	Tuesday (Speed or Strength)	Wednesday (Cross Train)	Thursday (Easy or Tempo)	Friday (Rest)	Saturday (Long - LSD)
	28-May	29-May	30-May	31-May	1-Jun	2-Jun	3-Jun
1	Rest	4 Miles EZ Memorial Day	4 Miles EZ	30 - 40 Minutes XT	4 Miles EZ	Rest	6 Miles LSD
	4-Jun	5-Jun	6-Jun	7-Jun	8-Jun	9-Jun	10-Jun
2	Rest	4 Miles EZ	5 Miles EZ	30 - 40 Minutes XT	4 Miles EZ	Rest	7 Miles LSD
	11-Jun	12-Jun	13-Jun	14-Jun	15-Jun	16-Jun	17-Jun
3	Rest	4 Miles EZ	5 Miles EZ	30 - 40 Minutes XT	5 Miles EZ	Rest	9 Miles LSD
	18-Jun	19-Jun	20-Jun	21-Jun	22-Jun	23-Jun	24-Jun
4	Rest	4 Miles EZ	5 Miles Tempo	30 - 40 Minutes XT	5 Miles EZ	Rest	11 Miles LSD

	<u>25-Jun</u>	<u>26-Jun</u>	<u>27-Jun</u>	<u>28-Jun</u>	<u>29-Jun</u>	<u>30-Jun</u>	<u>1-Jul</u>
5	Rest	5 Miles EZ	6 Miles Fartlek OR 30 Minutes - Hills (if available)	45 - 50 Minutes XT	6 Miles EZ	Rest	7 Miles LSD
	<u>2-Jul</u>	<u>3-Jul</u>	<u>4-Jul</u>	<u>5-Jul</u>	<u>6-Jul</u>	<u>7-Jul</u>	<u>8-Jul</u>
6	Rest	6 Miles EZ	7 Miles Tempo 4th of July Holiday	45 - 50 Minutes XT	6 Miles EZ	Rest	13 Miles LSD
	<u>9-Jul</u>	<u>10-Jul</u>	<u>11-Jul</u>	<u>12-Jul</u>	<u>13-Jul</u>	<u>14-Jul</u>	<u>15-Jul</u>
7	Rest	6 Miles EZ	7 Miles Tempo	60 Minutes XT	6 Miles EZ	Rest	15 Miles LSD
	<u>16-Jul</u>	<u>17-Jul</u>	<u>18-Jul</u>	<u>19-Jul</u>	<u>20-Jul</u>	<u>21-Jul</u>	<u>22-Jul</u>
8	Rest	5 Miles EZ	4 x 800 meter 3 x 400 recovery 1 Mile WU & CD 5 Miles	60 Minutes XT	5 Miles Tempo	Rest	16 Miles LSD

	<u>23-Jul</u>	<u>24-Jul</u>	<u>25-Jul</u>	<u>26-Jul</u>	<u>27-Jul</u>	<u>28-Jul</u>	<u>29-Jul</u>
9	Rest	6 Miles EZ	6 Miles Tempo OR 35 Minute - Hills (if available)	60 Minutes XT	7 Miles Tempo	Rest	12 Miles LSD
	<u>30-Jul</u>	<u>31-Jul</u>	<u>1-Aug</u>	<u>2-Aug</u>	<u>3-Aug</u>	<u>4-Aug</u>	<u>5-Aug</u>
10	Rest	5 Miles EZ	6 Miles Negative Split	45 - 50 Minutes XT	4 Miles Tempo	Rest	18 Miles LSD
	<u>6-Aug</u>	<u>7-Aug</u>	<u>8-Aug</u>	<u>9-Aug</u>	<u>10-Aug</u>	<u>11-Aug</u>	<u>12-Aug</u>
11	Rest	6 Miles EZ	6 x 800 meter 5 x 400 recovery 1.5 Mile WU & CD 7.5 Miles Track	60 Minutes XT	7 Miles Tempo	Rest	13 Miles LSD
	<u>13-Aug</u>	<u>14-Aug</u>	<u>15-Aug</u>	<u>16-Aug</u>	<u>17-Aug</u>	<u>18-Aug</u>	<u>19-Aug</u>
12	Rest	4 Miles EZ	8 Miles Tempo	60 Minutes XT	7 Miles Tempo	Rest	18 Miles 1 - 9 @ LSD 10 - 16 @ MP 17 - 18 @ LSD

	<u>20-Aug</u>	<u>21-Aug</u>	<u>22-Aug</u>	<u>23-Aug</u>	<u>24-Aug</u>	<u>25-Aug</u>	<u>26-Aug</u>
13	Rest	5 Miles EZ	3 x 1600 Meters 2 x 800 Meters Rec 1.5 Mile WU & CD 7 Miles Track	45 - 50 Minutes XT	7 Miles EZ	Rest	15 Miles LSD
	<u>27-Aug</u>	<u>28-Aug</u>	<u>29-Aug</u>	<u>30-Aug</u>	<u>31-Aug</u>	<u>1-Sep</u>	<u>2-Sep</u>
14	Rest	5 Miles EZ	8 Miles Tempo	45 - 50 Minutes XT	6 Miles Tempo	Rest	20 Miles 1 - 12 @ LSD 13 - 17 @ MP 18 - 20 @ LSD
	<u>3-Sep</u>	<u>4-Sep</u>	<u>5-Sep</u>	<u>6-Sep</u>	<u>7-Sep</u>	<u>8-Sep</u>	<u>9-Sep</u>
15	Rest	6 Miles EZ Labor Day	5 Miles Tempo	45 - 50 Minutes XT	6 Miles EZ	Rest	13 Miles LSD
	<u>10-Sep</u>	<u>11-Sep</u>	<u>12-Sep</u>	<u>13-Sep</u>	<u>14-Sep</u>	<u>15-Sep</u>	<u>16-Sep</u>
16	Rest	6 Miles EZ	3 x 1600 Meters (MP) 2 x 800 Recovery (EZ) 1 Mile WU & CD 6 Miles Track	45 - 50 Minutes XT	7 Miles Tempo	Rest	20 Miles LSD

	<u>17-Sep</u>	<u>18-Sep</u>	<u>19-Sep</u>	<u>20-Sep</u>	<u>21-Sep</u>	<u>22-Sep</u>	<u>23-Sep</u>
17	Rest	7 Miles EZ	7 Miles Negative Split	45 - 50 Minutes XT	6 Miles EZ	Rest	12 Miles 1 - 5 @ LSD 6 - 11 @ MP 12 @ LSD
	<u>24-Sep</u>	<u>25-Sep</u>	<u>26-Sep</u>	<u>27-Sep</u>	<u>28-Sep</u>	<u>29-Sep</u>	<u>30-Sep</u>
18	Rest	5 Miles EZ	8 x 800 Meters 2 minute recovery 1.0 Mile WU & CD 8 Miles Track	45 - 50 Minutes XT	6 Miles MP	Rest	8 Miles 1 - 2 @ LSD 3 - 7 @ MP 8 @ LSD
	<u>1-Oct</u>	<u>2-Oct</u>	<u>3-Oct</u>	<u>4-Oct</u>	<u>5-Oct</u>	<u>6-Oct</u>	<u>7-Oct</u>
19	4 Miles MP	4 Miles MP	Rest	1 x 4800 Meters MP .5 Mile WU & CD 4 Miles Track	Rest	Rest	*Lesser of 3 Miles OR 25 Minutes at MP *Optional Workout
	<u>8-Oct</u>	<u>9-Oct</u>	<u>10-Oct</u>	<u>11-Oct</u>	<u>12-Oct</u>	<u>13-Oct</u>	<u>14-Oct</u>
20	26.2 Miles RACE DAY!	Rest	Rest	4 Miles OR 40 Minutes EZ	40 min XT	Rest	8 Miles EZ Recovery Run

To read the workout key:

Cross-Train (XT): Non-weight bearing activity. Examples are biking, swimming, stair climber or elliptical trainer.

Purpose is to maintain and build on aerobic fitness and capacity while reducing the stress on the body resulting from running.

Easy Run (EZ): This is a recovery run. If training with a heart rate monitor, stay in the 65 - 70% zone. You should be able to complete the workout with the ability to talk comfortably in complete sentences. This pace allows recovery from hard workouts.

Fartlek: Alternating irregular fast and slow intervals; may be done by time or by markers on the running course.

Hills: Running over a course with intermittent hills or hill repeats. If running hill repeats, the hill should have a moderate slope and extend for 200 - 400 meters. Run up the hill, focusing on the same leg turnover but with shorter strides. After cresting the hill, relax and run down the hill with easy strides.

Recover between each hill repeat. Mileage indicated is total distance of workout, including mileage for warmup and cooldown.

If hills are unavailable, run on a treadmill with an incline of 3 - 5 % grade. Intersperse hill repeats with recovery.

LSD: Long Slow Distance Run, pace is 45 seconds - 1 minute per mile slower than projected marathon pace. Conversational pace.

MP: Marathon Pace or Race Pace, projected pace per mile in marathon.

Negative Split: Running second half of workout 1 - 3 minutes faster than first half of workout.

Race Pace: A run at or approximating projected race pace. Any Race Pace run begins and ends with a warm up and cool down for the first and last half to full mile (incorporated into the total mileage of the workout).

Rest: No training activity this day. Allows recovery from training. These are necessary components to allow the body to progress and get stronger, allowing adaptation for the next training segment.

Tempo: Quicker paced run, able to hold for a hour, estimate running at 15 seconds per mile slower than 10K pace.

Track: Workout best performed on a quarter mile (400 Meters) track; workout measured in meters run and mileage approximated. Interval pace @ 5K - 10K.

wu & cd: warm up and cool down (start and end of designated runs)

TRAINING LOG TEMPLATE							
WEEK							
Sunday							
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							

Coach Brendan Running

Schedule #3 - Advanced Run

This training schedule is designed for those runners who are experienced marathon runners with a solid base and looking to improve performance in the marathon distance. **Please visit your physician for an examination before starting an exercise program.**

Recommended requirements to follow this training program: you have been running regularly (at least 4 - 5 days a week) for at least one year; average weekly mileage has been greater than 25 miles per week; you have previously run a half marathon or longer distance race within the last 6 months; and can run 10 miles continuously and comfortably.

The goal for this program is to complete a marathon and improve finish time using a Continuous Run strategy.

Abbreviations and terms are explained in the workout key found behind the Weekly Schedule.

Holidays noted in Red.

WEEKLY SCHEDULE AT A GLANCE							
Training	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week Number	(Easy)	(Rest)	(Speed or Strength)	(Cross-Train XT)	(Tempo)	(Easy)	(Long - LSD)
	28-May	29-May	30-May	31-May	1-Jun	2-Jun	3-Jun
1	4 Miles	Rest Memorial Day	4 Miles Tempo	30 - 40 Minutes XT	6 Miles Tempo	4 Miles EZ	7 Miles LSD
	4-Jun	5-Jun	6-Jun	7-Jun	8-Jun	9-Jun	10-Jun
2	4 Miles EZ	Rest	6 Miles Tempo	30 - 40 Minutes XT	4 Miles Tempo	4 Miles EZ	9 Miles LSD
	11-Jun	12-Jun	13-Jun	14-Jun	15-Jun	16-Jun	17-Jun
3	4 Miles EZ	Rest	6 Miles Tempo	30 - 40 Minutes XT	4 Miles Tempo	4 Miles EZ	11 Miles LSD
	18-Jun	19-Jun	20-Jun	21-Jun	22-Jun	23-Jun	24-Jun
4	5 Miles EZ	Rest	6 Miles Fartlek	30 - 40 Minutes XT	4 Miles Tempo	5 Miles EZ	13 Miles LSD

	<u>25-Jun</u>	<u>26-Jun</u>	<u>27-Jun</u>	<u>28-Jun</u>	<u>29-Jun</u>	<u>30-Jun</u>	<u>1-Jul</u>
5	4 Miles EZ	Rest	8 Miles Fartlek OR 30 Minutes - Hills if available	45 - 50 Minutes XT	5 Miles Tempo	5 Miles EZ	9 Miles LSD
	<u>2-Jul</u>	<u>3-Jul</u>	<u>4-Jul</u>	<u>5-Jul</u>	<u>6-Jul</u>	<u>7-Jul</u>	<u>8-Jul</u>
6	7 Miles EZ	Rest	7 Miles Tempo 4th of July Holiday	45 - 50 Minutes XT	6 Miles Tempo	5 Miles EZ	15 Miles LSD
	<u>9-Jul</u>	<u>10-Jul</u>	<u>11-Jul</u>	<u>12-Jul</u>	<u>13-Jul</u>	<u>14-Jul</u>	<u>15-Jul</u>
7	6 Miles EZ	Rest	6 Miles Tempo	60 Minutes XT	6 Miles Tempo	5 Miles EZ	16 Miles (Cascading Run) Miles 1 - 10 @ LSD Miles 11 - 15 @ +10 seconds Mile 16 @ CD

	<u>16-Jul</u>	<u>17-Jul</u>	<u>18-Jul</u>	<u>19-Jul</u>	<u>20-Jul</u>	<u>21-Jul</u>	<u>22-Jul</u>
8	6 Miles EZ	Rest	4 x 800 meter 3 x 400 recovery 1 Mile WU & CD 5 Miles Track	60 Minutes XT	6 Miles Tempo	5 Miles EZ	18 Miles LSD
	<u>23-Jul</u>	<u>24-Jul</u>	<u>25-Jul</u>	<u>26-Jul</u>	<u>27-Jul</u>	<u>28-Jul</u>	<u>29-Jul</u>
9	6 Miles EZ	Rest	8 Miles Tempo or 35 Minute - Hills if available	60 Minutes XT	6 Miles Tempo	5 Miles EZ	12 Miles LSD
	<u>30-Jul</u>	<u>31-Jul</u>	<u>1-Aug</u>	<u>2-Aug</u>	<u>3-Aug</u>	<u>4-Aug</u>	<u>5-Aug</u>
10	5 Miles EZ	Rest	8 Miles Negative Split	60 Minutes XT	6 Miles Tempo	6 Miles EZ	18 Miles LSD
	<u>6-Aug</u>	<u>7-Aug</u>	<u>8-Aug</u>	<u>9-Aug</u>	<u>10-Aug</u>	<u>11-Aug</u>	<u>12-Aug</u>
11	5 Miles EZ	Rest	6 x 800 meter 5 x 400 recovery 1.5 Mile WU & CD 7.5 Miles Track	60 Minutes XT	5 Miles Tempo	7 Miles EZ	14 Miles LSD

	<u>13-Aug</u>	<u>14-Aug</u>	<u>15-Aug</u>	<u>16-Aug</u>	<u>17-Aug</u>	<u>18-Aug</u>	<u>19-Aug</u>
12	5 Miles EZ	Rest	8 Miles Tempo	45 - 50 Minutes XT	7 Miles Tempo	6 Miles EZ	20 Miles Miles 1 - 10 @ WU Miles 11 -18 @ MP Miles 19 - 20 @ CD
	<u>20-Aug</u>	<u>21-Aug</u>	<u>22-Aug</u>	<u>23-Aug</u>	<u>24-Aug</u>	<u>25-Aug</u>	<u>26-Aug</u>
13	5 Miles EZ	Rest	3 x 1600 Meters 2 x 800 Meters Rec 1.5 Mile WU & CD 7 Miles Track	60 Minutes XT	6 Miles Tempo	7 Miles EZ	16 Miles LSD
	<u>27-Aug</u>	<u>28-Aug</u>	<u>29-Aug</u>	<u>30-Aug</u>	<u>31-Aug</u>	<u>1-Sep</u>	<u>2-Sep</u>
14	5 Miles EZ	Rest	8 Miles Tempo	45 - 50 Minutes XT	5 Miles Tempo	6 Miles EZ	22 Miles LSD
	<u>3-Sep</u>	<u>4-Sep</u>	<u>5-Sep</u>	<u>6-Sep</u>	<u>7-Sep</u>	<u>8-Sep</u>	<u>9-Sep</u>
15	Rest	Rest Labor Day	7 Miles Tempo	45 - 50 Minutes XT	5 Miles Tempo	8 Miles EZ	16 Miles LSD

	<u>10-Sep</u>	<u>11-Sep</u>	<u>12-Sep</u>	<u>13-Sep</u>	<u>14-Sep</u>	<u>15-Sep</u>	<u>16-Sep</u>
16	8 Miles EZ	Rest	8 x 800 Meters 7 x 400 Recovery 1 Mile WU & CD 8 Miles Track	45 - 50 Minutes XT	6 Miles Tempo	6 Miles EZ	23 Miles Miles 1 - 10 @ LSD Miles 11 - 21 @ MP Miles 22 - 23 @ LSD
	<u>17-Sep</u>	<u>18-Sep</u>	<u>19-Sep</u>	<u>20-Sep</u>	<u>21-Sep</u>	<u>22-Sep</u>	<u>23-Sep</u>
17	5 Miles EZ	Rest	8 Miles Negative Split	45 - 50 Minutes XT	7 Miles Tempo	7 Miles EZ	14 Miles Miles 1 - 5 @ LSD Miles 6 - 13 @ MP Mile 14 @ LSD
	<u>24-Sep</u>	<u>25-Sep</u>	<u>26-Sep</u>	<u>27-Sep</u>	<u>28-Sep</u>	<u>29-Sep</u>	<u>30-Sep</u>
18	5 Miles MP	Rest	10 x 800 Meters @ Marathon Target 2 minute recovery 1.5 Mile WU & CD 10 Miles Track	45 - 50 Minutes XT	4 Miles MP	6 Miles MP	10 Miles Miles 1 - 2 @ LSD Miles 3 - 9 @ MP Mile 10 @ LSD

	<u>1-Oct</u>	<u>2-Oct</u>	<u>3-Oct</u>	<u>4-Oct</u>	<u>5-Oct</u>	<u>6-Oct</u>	<u>7-Oct</u>
19	4 Miles MP	5 Miles MP	Rest	1 x 4800 Meters MP .5 Mile WU & CD 4 Miles Track	4 Miles MP	Rest	*Lesser of 3 Miles OR 25 Minutes MP *Optional Workout
	<u>8-Oct</u>	<u>9-Oct</u>	<u>10-Oct</u>	<u>11-Oct</u>	<u>12-Oct</u>	<u>13-Oct</u>	<u>14-Oct</u>
20	RACE DAY 26.2	Rest	4 Miles EZ	4 Miles EZ	40 Minutes XT	4 Miles EZ	8 Miles EZ Recovery Run
To read the workout key:							
Cascading Run: Run at LSD Pace for a warm up period, then increase pace by 10 seconds per mile until cool down							
Cross-Train (XT): Non-weight bearing activity. Examples are biking, swimming, stair climber or elliptical trainer. Purpose is to maintain and build on aerobic fitness and capacity while reducing the stress on the body resulting from running.							
Easy Run (EZ): This is a recovery run. If training with a heart rate monitor, stay in the 65 - 70% zone. You should be able to complete the workout with the ability to talk comfortably in complete sentences. This pace allows recovery from hard workouts							
Fartlek: Alternating irregular fast and slow intervals; may be done by time or by markers on the running course.							
Hills: Running over a course with intermittent hills or hill repeats. If running hill repeats, the hill should have a moderate slope and extend for 200 - 400 meters. Run up the hill, focusing on the same leg turnover, but with shorter strides. After cresting the hill, relax and run down the hill with easy strides. Recover between each hill repeat. Mileage indicated is total distance of workout, including mileage for warmup and cooldown.							

TRAINING LOG TEMPLATE								ct
WEEK								
Sunday								
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								

Coach Brendan Running

Schedule #4 - Run/Walk

This training schedule is designed for those athletes who have not been involved in regular athletic endeavors for at least the previous 6 months. **If you are beginning an exercise program please visit your physician for an examination before starting an exercise program.**

Recommendations to follow this training program: average weekly mileage is less than 15 miles per week or if you have not run longer than 3 miles continuously and consistently.

If your average weekly mileage during the last six months has not been greater than 10 miles per week, or your long run is less than 4 miles, follow the (A) time periods for all training runs.

If your weekly mileage has averaged between 10 and 15 miles per week over the last six months and you are able to comfortably run for 4 miles at a time, follow the (B) time periods for all training runs.

All Monday and Wednesday workouts are timed based.

For example, in the first week the workout for Monday is 30 (A) - 36 (B) minutes.

Those following the (A) schedule would run 3 minutes, walk 2 minutes, repeat a total of 6 times for a workout total of 30 minutes, while those following the (B) schedule would run 3 minutes, walk 2 minutes, repeat a total of 6 times for a workout total of 36 minutes. In addition to the time intervals there is a parenthetical reference to mileage. These are inserted for the benefit of those of you who run/walk at a pace per mile faster than 10 minutes. The distance listed is the maximum distance to run/walk within the time intervals. For example, under Monday in Week 1, you would run/walk for either 30-36 minutes (6 run/walk segments) or 3 miles, whichever comes first.

To read the time key, the number to the left of the "/" indicates the length of time (in minutes) to run, while the number to the right of the "/" indicates the length of time (in minutes) to walk. So, for example, the (A) workout for the first week of the training schedule reads 3/2 indicating you should run for 3 minutes, walk for 2, while the (B) workout for the first week of the training schedule reads 4/2 indicating you should run 4 minutes, walk 2.

**TRAINING PROGRAM #4
(Run/Walk)**

If you find yourself having difficulty during the running intervals, extend the walking intervals and slow your pace.

Below the time workouts is a maximum distance to run (for those whose pace per mile is faster than 10 minutes per mile).

The goal of those athletes following either of these training programs is to complete a marathon.

Abbreviations and terms are explained in the workout key found behind Weekly Schedule.

Holidays noted in Red.

WEEKLY SCHEDULE AT A GLANCE							
Training							
Week Number	Sunday (Rest)	Monday (Easy)	Tuesday (Cross Train)	Wednesday (Easy)	Thursday (Cross Train)	Friday (Rest)	Saturday (Long-LSD)
	28-May	29-May	30-May	31-May	1-Jun	2-Jun	3-Jun
1	Rest	(A) 30 mins @ 3/2 (B) 36 mins @ 4/2 3 miles EZ Memorial Day	30 - 40 Minutes XT	(A) 30 mins @ 3/2 (B) 36 mins @ 4/2 3 miles EZ	30 - 40 Minutes XT	Rest	4 Miles (A) 3/2 (B) 4/2 LSD
	4-Jun	5-Jun	6-Jun	7-Jun	8-Jun	9-Jun	10-Jun
2	Rest	(A) 30 mins @ 3/2 (B) 36 mins @ 4/2 3 miles EZ	30 - 40 Minutes XT	(A) 30 mins @ 3/2 (B) 36 mins @ 4/2 4 miles EZ	30 - 40 Minutes XT	Rest	5 Miles (A) 3/2 (B) 4/2 LSD
	11-Jun	12-Jun	13-Jun	14-Jun	15-Jun	16-Jun	17-Jun
3	Rest	(A) 30 mins @ 3/2 (B) 36 mins @ 4/2 4 miles EZ	30 - 40 Minutes XT	(A) 30 mins @ 3/2 (B) 36 mins @ 4/2 4 miles EZ	30 - 40 Minutes XT	Rest	6 Miles (A) 3/2 (B) 4/2 LSD

	<u>18-Jun</u>	<u>19-Jun</u>	<u>20-Jun</u>	<u>21-Jun</u>	<u>22-Jun</u>	<u>23-Jun</u>	<u>24-Jun</u>
4	Rest	(A) 30 mins @ 3/2 (B) 36 mins @ 4/2 4 miles EZ	30 - 40 Minutes XT	(A) 30 mins @ 3/2 (B) 36 mins @ 4/2 4 miles EZ	30 - 40 Minutes XT	Rest	8 Miles (A) 3/2 (B) 4/2 LSD
	<u>25-Jun</u>	<u>26-Jun</u>	<u>27-Jun</u>	<u>28-Jun</u>	<u>29-Jun</u>	<u>30-Jun</u>	<u>1-Jul</u>
5	Rest	(A) 35 mins @ 3/2 (B) 42 mins @ 5/2 5 miles EZ	30 - 40 Minutes XT	(A) 35 mins @ 3/2 (B) 42 mins @ 5/2 5 miles EZ	30 - 40 Minutes XT	Rest	5 Miles (A) 3/2 (B) 4/2 LSD
	<u>2-Jul</u>	<u>3-Jul</u>	<u>4-Jul</u>	<u>5-Jul</u>	<u>6-Jul</u>	<u>7-Jul</u>	<u>8-Jul</u>
6	Rest	(A) 36 mins @ 4/2 (B) 42 mins @ 5/1 5 miles EZ	30 - 40 Minutes XT 4th of July Holiday	(A) 36 mins @ 4/2 (B) 42 mins @ 5/1 5 miles EZ	30 - 40 Minutes XT	Rest	9 Miles (A) 3/2 (B) 4/2 LSD

	<u>9-Jul</u>	<u>10-Jul</u>	<u>11-Jul</u>	<u>12-Jul</u>	<u>13-Jul</u>	<u>14-Jul</u>	<u>15-Jul</u>
7	Rest	(A) 36 mins @ 4/2 (B) 42 mins @ 5/1 5 miles EZ	30 - 40 Minutes XT	(A) 36 mins @ 4/2 (B) 42 mins @ 5/1 5 miles EZ	45 - 50 Minutes XT	Rest	11 Miles (A) 3/2 (B) 4/2 LSD
	<u>16-Jul</u>	<u>17-Jul</u>	<u>18-Jul</u>	<u>19-Jul</u>	<u>20-Jul</u>	<u>21-Jul</u>	<u>22-Jul</u>
8	Rest	(A) 42 mins @ 4/2 (B) 48 mins @ 5/1 5 miles EZ	30 - 40 Minutes XT	(A) 42 mins @ 4/2 (B) 48 mins @ 5/1 5 miles EZ	45 - 50 Minutes XT	Rest	12 Miles (A) 3/2 (B) 4/2 LSD
	<u>23-Jul</u>	<u>24-Jul</u>	<u>25-Jul</u>	<u>26-Jul</u>	<u>27-Jul</u>	<u>28-Jul</u>	<u>29-Jul</u>
9	Rest	(A) 42 mins @ 4/2 (B) 48 mins @ 5/1 5 miles EZ	35 - 45 Minutes XT	(A) 42 mins @ 4/2 (B) 48 mins @ 5/1 5 miles EZ	45 - 50 Minutes XT	Rest	9 Miles (A) 3/2 (B) 4/2 LSD
	<u>30-Jul</u>	<u>31-Jul</u>	<u>1-Aug</u>	<u>2-Aug</u>	<u>3-Aug</u>	<u>4-Aug</u>	<u>5-Aug</u>
10	Rest	(A) 48 mins @ 4/2 (B) 54 mins @ 5/1 6 miles EZ	35 - 45 Minutes XT	(A) 48 mins @ 4/2 (B) 54 mins @ 5/1 6 miles EZ	45 - 50 Minutes XT	Rest	13 Miles (A) 3/2 (B) 4/2 LSD

TRAINING PROGRAM #4
(Run/Walk)

	<u>6-Aug</u>	<u>7-Aug</u>	<u>8-Aug</u>	<u>9-Aug</u>	<u>10-Aug</u>	<u>11-Aug</u>	<u>12-Aug</u>
11	Rest	(A) 48 mins @ 4/2 (B) 54 mins @ 5/1 6 miles EZ	35 - 45 Minutes XT	(A) 48 mins @ 4/2 (B) 54 mins @ 5/1 6 miles EZ	45 - 50 Minutes XT	Rest	10 Miles (A) 4/2 (B) 5/2 LSD
	<u>13-Aug</u>	<u>14-Aug</u>	<u>15-Aug</u>	<u>16-Aug</u>	<u>17-Aug</u>	<u>18-Aug</u>	<u>19-Aug</u>
12	Rest	(A) 54 mins @ 4/2 (B) 56 mins @ 5/2 6 miles EZ	35 - 45 Minutes XT	(A) 48 mins @ 4/2 (B) 56 mins @ 5/2 5 miles EZ	45 - 50 Minutes XT	Rest	14 Miles (A) 4/2 (B) 5/2 LSD
	<u>20-Aug</u>	<u>21-Aug</u>	<u>22-Aug</u>	<u>23-Aug</u>	<u>24-Aug</u>	<u>25-Aug</u>	<u>26-Aug</u>
13	Rest	(A) 54 mins @ 4/2 (B) 56 mins @ 5/2 6 miles EZ	35 - 45 Minutes XT	(A) 54 mins @ 4/2 (B) 56 mins @ 5/2 6 miles EZ	45 - 50 Minutes XT	Rest	16 Miles (A) 4/1 (B) 5/1 LSD

	<u>27-Aug</u>	<u>28-Aug</u>	<u>29-Aug</u>	<u>30-Aug</u>	<u>31-Aug</u>	<u>1-Sep</u>	<u>2-Sep</u>
14	Rest	(A) 50 mins @ 4/1 (B) 60 mins @ 5/1 7 miles EZ	45 - 50 Minutes XT	(A) 48 mins @ 4/2 (B) 56 mins @ 5/2 6 miles EZ	45 - 50 Minutes XT	Rest	18 Miles (A) 4/2 (B) 5/2 LSD
	<u>3-Sep</u>	<u>4-Sep</u>	<u>5-Sep</u>	<u>6-Sep</u>	<u>7-Sep</u>	<u>8-Sep</u>	<u>9-Sep</u>
15	Rest	(A) 50 mins @ 4/1 (B) 60 mins @ 5/1 7 miles EZ Labor Day	45 - 50 Minutes XT	(A) 48 mins @ 4/2 (B) 56 mins @ 5/2 6 miles EZ	45 - 50 Minutes XT	Rest	13 Miles (A) 4/1 (B) 5/1 LSD
	<u>10-Sep</u>	<u>11-Sep</u>	<u>12-Sep</u>	<u>13-Sep</u>	<u>14-Sep</u>	<u>15-Sep</u>	<u>16-Sep</u>
16	Rest	(A) 50 mins @ 4/1 (B) 60 mins @ 5/1 6 miles EZ	45 - 50 Minutes XT	(A) 48 mins @ 4/2 (B) 56 mins @ 5/2 6 miles EZ	45 - 50 Minutes XT	Rest	20 Miles (A) 4/2 (B) 5/2 LSD

	<u>17-Sep</u>	<u>18-Sep</u>	<u>19-Sep</u>	<u>20-Sep</u>	<u>21-Sep</u>	<u>22-Sep</u>	<u>23-Sep</u>
17	Rest	(A) 54 mins @ 4/2 (B) 63 mins @ 5/2 7 miles EZ	45 - 50 Minutes XT	(A) 48 mins @ 4/2 (B) 56 mins @ 5/2 5 miles EZ	45 - 50 Minutes XT	Rest	12 Miles (A) 4/1 (B) 5/1 LSD
	<u>24-Sep</u>	<u>25-Sep</u>	<u>26-Sep</u>	<u>27-Sep</u>	<u>28-Sep</u>	<u>29-Sep</u>	<u>30-Sep</u>
18	Rest	(A) 50 mins @ 4/1 (B) 60 mins @ 5/1 6 miles EZ	45 - 50 Minutes XT	(A) 50 mins @ 4/1 (B) 60 mins @ 5/1 6 miles EZ	45 - 50 Minutes XT	Rest	6 Miles (A) 4/1 (B) 5/1 LSD
	<u>1-Oct</u>	<u>2-Oct</u>	<u>3-Oct</u>	<u>4-Oct</u>	<u>5-Oct</u>	<u>6-Oct</u>	<u>7-Oct</u>
19	A) 30 mins @ 4/2 (B) 35 mins @ 5/2 4 miles EZ	(A) 30 mins @ 4/2 (B) 35 mins @ 5/2 4 miles EZ	Rest	(A) 30 mins @ 4/2 (B) 35 mins @ 5/2 4 miles EZ	Rest	Rest	*A) 30 mins @ 4/2 *B) 35 mins @ 5/2 3 miles LSD *Optional Workout

	8-Oct	9-Oct	10-Oct	11-Oct	12-Oct	13-Oct	14-Oct
20	26.2 Miles RACE DAY! (A) 4/2 (B) 5/2	Rest	Rest	(A) 30 mins @ 4/2 (B) 35 mins @ 5/2 4 miles EZ	40 min XT	Rest	(A) 50 mins @ 4/1 (B) 60 mins @ 5/1 6 miles EZ

To read the workout key:

Cross-Train (XT): Non-weight bearing activity. Examples are biking, swimming, stair climber or elliptical trainer.

Purpose is to maintain and build on aerobic fitness and capacity while reducing the stress on the body resulting from running.

Easy Run (EZ): This is a recovery run. If training with a heart rate monitor, stay in the 65 - 70% zone. You should be able to complete the workout with the ability to talk comfortably in complete sentences. This pace allows recovery from hard workouts.

Fartlek: Alternating irregular fast and slow intervals; may be done by time or by markers on the running course.

LSD: Long Slow Distance Run, pace is 45 seconds - 1 minute per mile slower than projected marathon pace. Conversational pace.

You should be able to talk in complete sentences throughout the run. Feel like you could run one more mile at same pace when finished with workout.

Pacing(P): Focus on running at a consistent pace per mile. This may be slightly slower or faster than EZ run. Pace should feel comfortable throughout the workout. Learn what a pace feels like to your body.

MP: Marathon Pace or Race Pace, projected pace per mile in marathon.

Negative Split: Running second half of workout 1 - 3 minutes faster than first half of workout.

Race Pace (RP): A run at or approximating projected race pace. Any Race Pace run begins and ends with a warm up and cool down for the first and last half to full mile (incorporated into the total mileage of the workout).

Rest: No training activity this day. Allows recovery from training. These are necessary components to allow the body to progress and get stronger, allowing adaptation for the next training segment.

Tempo: Run faster than pacing run; pace where you cannot talk in complete sentences, but able to say some words.

wu & cd: warm up and cool down (start and end of designated runs)

TRAINING LOG TEMPLATE							
WEEK							
Sunday							
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							

Coach BrendanSM Running

Schedule #5 - Intermediate Run/Walk

This training schedule is designed for athletes who have been involved in periodic, but not consistent athletic endeavors for at least the previous six months.

If you are beginning an exercise program please visit your physician for an examination before starting an exercise program.

Recommended requirements to follow this training program: average weekly mileage is less than 20 miles per week and/or you unable run longer than 4 miles continuously and consistently.

The goal of those athletes following either of these training programs is to complete a marathon using a Run/Walk Strategy.

Abbreviations and terms are explained in the workout key found behind the Weekly Schedule.

Holidays noted in Red.

*Intervals noted as running time/walking time. Example - 5/1 means 5 minutes running, 1 minute walking

WEEKLY TRAINING AT A GLANCE							
Training Week Number	Sunday (Rest)	Monday (Easy)	Tuesday (Easy or Speed)	Wednesday (Cross Train-XT)	Thursday (Easy)	Friday (Rest)	Saturday (Long-LSD)
	28-May	29-May	30-May	31-May	1-Jun	2-Jun	3-Jun
1	Rest	Memorial Day 4 Miles (5/1) EZ	4 Miles EZ (5/1)	30 - 40 Minutes XT	4 Miles EZ (5/1)	Rest	5 Miles (5/1) LSD
	4-Jun	5-Jun	6-Jun	7-Jun	8-Jun	9-Jun	10-Jun
2	Rest	4 Miles (5/1) EZ	5 Miles EZ (5/1)	30 - 40 Minutes XT	4 Miles EZ (5/1)	Rest	6 Miles (5/1) LSD
	11-Jun	12-Jun	13-Jun	14-Jun	15-Jun	16-Jun	17-Jun
3	Rest	4 Miles (5/1) EZ	5 Miles EZ (5/1)	30 - 40 Minutes XT	4 Miles EZ (5/1)	Rest	8 Miles (5/1) LSD

	<u>18-Jun</u>	<u>19-Jun</u>	<u>20-Jun</u>	<u>21-Jun</u>	<u>22-Jun</u>	<u>23-Jun</u>	<u>24-Jun</u>
4	Rest	4 Miles (5/1) EZ	5 Miles (5/1) EZ	45 - 50 Minutes XT	4 Miles EZ (5/1)	Rest	10 Miles (5/1) LSD
	<u>25-Jun</u>	<u>26-Jun</u>	<u>27-Jun</u>	<u>28-Jun</u>	<u>29-Jun</u>	<u>30-Jun</u>	<u>1-Jul</u>
5	Rest	5 Miles (5/1) EZ	6 Miles Fartlek OR 30 Minutes - Hills if available	45 - 50 Minutes XT	6 Miles EZ (5/1)	Rest	6 Miles (5/1) LSD
	<u>2-Jul</u>	<u>3-Jul</u>	<u>4-Jul</u>	<u>5-Jul</u>	<u>6-Jul</u>	<u>7-Jul</u>	<u>8-Jul</u>
6	Rest	6 Miles (5/1) EZ	6 Miles (5/1) EZ <u>4th of July Hol</u>	45 - 50 Minutes XT	5 Miles EZ (5/1)	Rest	11 Miles (5/1) LSD
	<u>9-Jul</u>	<u>10-Jul</u>	<u>11-Jul</u>	<u>12-Jul</u>	<u>13-Jul</u>	<u>14-Jul</u>	<u>15-Jul</u>
7	Rest	6 Miles (5/1) EZ	6 Miles (5/1) EZ	45 - 50 Minutes XT	5 Miles EZ (5/1)	Rest	12 Miles (5/1) LSD

	<u>16-Jul</u>	<u>17-Jul</u>	<u>18-Jul</u>	<u>19-Jul</u>	<u>20-Jul</u>	<u>21-Jul</u>	<u>22-Jul</u>
8	Rest	5 Miles (5/1) EZ	5 Miles (5/1) Tempo	45 - 50 Minutes XT	4 Miles EZ (5/1)	Rest	14 Miles (5/1) LSD
	<u>23-Jul</u>	<u>24-Jul</u>	<u>25-Jul</u>	<u>26-Jul</u>	<u>27-Jul</u>	<u>28-Jul</u>	<u>29-Jul</u>
9	Rest	6 Miles (5/1) EZ	6 Miles Tempo OR 35 Minute - Hills if available	45 - 50 Minutes XT	5 Miles EZ (5/1)	Rest	10 Miles (5/1) LSD
	<u>30-Jul</u>	<u>31-Jul</u>	<u>1-Aug</u>	<u>2-Aug</u>	<u>3-Aug</u>	<u>4-Aug</u>	<u>5-Aug</u>
10	Rest	5 Miles (5/1) EZ	6 Miles (5/1) Negative Split	45 - 50 Minutes XT	4 Miles EZ (5/1)	Rest	15 Miles (5/1) LSD
	<u>6-Aug</u>	<u>7-Aug</u>	<u>8-Aug</u>	<u>9-Aug</u>	<u>10-Aug</u>	<u>11-Aug</u>	<u>12-Aug</u>
11	Rest	5 Miles (5/1) EZ	5 Miles (5/1) Tempo	60 Minutes XT	5 Miles EZ (5/1)	Rest	12 Miles (5/1) LSD

	<u>13-Aug</u>	<u>14-Aug</u>	<u>15-Aug</u>	<u>16-Aug</u>	<u>17-Aug</u>	<u>18-Aug</u>	<u>19-Aug</u>
12	Rest	4 Miles (5/1) EZ	6 Miles (5/1) Negative Split	60 Minutes XT	4 Miles EZ (5/1)	Rest	16 Miles (5/1) LSD
	<u>20-Aug</u>	<u>21-Aug</u>	<u>22-Aug</u>	<u>23-Aug</u>	<u>24-Aug</u>	<u>25-Aug</u>	<u>26-Aug</u>
13	Rest	5 Miles (5/1) EZ	7 Miles (5/1) Tempo	45 - 50 Minutes XT	5 Miles EZ (5/1)	Rest	12 Miles (5/1) LSD
	<u>27-Aug</u>	<u>28-Aug</u>	<u>29-Aug</u>	<u>30-Aug</u>	<u>31-Aug</u>	<u>1-Sep</u>	<u>2-Sep</u>
14	Rest	5 Miles (5/1) EZ	5 Miles (5/1) Tempo	45 - 50 Minutes XT	4 Miles EZ (5/1)	Rest	18 Miles (5/1) LSD
	<u>3-Sep</u>	<u>4-Sep</u>	<u>5-Sep</u>	<u>6-Sep</u>	<u>7-Sep</u>	<u>8-Sep</u>	<u>9-Sep</u>
15	Rest	5 Miles (5/1) EZ Labor Day	5 Miles (5/1) Tempo	45 - 50 Minutes XT	4 Miles EZ (5/1)	Rest	13 Miles (5/1) LSD

	10-Sep	11-Sep	12-Sep	13-Sep	14-Sep	15-Sep	16-Sep
16	Rest	5 Miles (5/1) EZ	5 Miles (5/1) MP	45 - 50 Minutes XT	4 Miles EZ (5/1)	Rest	20 Miles (5/1) LSD
	17-Sep	18-Sep	19-Sep	20-Sep	21-Sep	22-Sep	23-Sep
17	Rest	5 Miles (5/1) EZ	7 Miles (5/1) EZ	45 - 50 Minutes XT	4 Miles EZ (5/1)	Rest	12 Miles (5/1) LSD
	24-Sep	25-Sep	26-Sep	27-Sep	28-Sep	29-Sep	30-Sep
18	Rest	4 Miles (5/1) EZ	6 Miles (5/1) MP	45 - 50 Minutes XT	4 Miles MP (5/1)	Rest	6 Miles (5/1) MP
	1-Oct	2-Oct	3-Oct	4-Oct	5-Oct	6-Oct	7-Oct
19	4 Miles (5/1) MP	4 Miles (5/1) MP	Rest	4 Miles (5/1) MP	Rest	Rest	*Lesser of 3 Miles OR 25 Minutes at MP (5/1) *Optional Workout

To read the workout key:									
Cross-Train (XT): Non-weight bearing activity. Examples are biking, swimming, stair climber or elliptical trainer. Purpose is to maintain and build on aerobic fitness and capacity while reducing the stress on the body resulting from running.									
Easy Run (EZ): This is a recovery run. If training with a heart rate monitor, stay in the 65 - 70% zone. You should be able to complete the workout with the ability to talk comfortably in complete sentences. This pace allows recovery from hard workouts.									
Fartlek: Alternating irregular fast and slow intervals; may be done by time or by markers on the running course.									
Hills: Running over a course with intermittent hills or hill repeats. If running hill repeats, the hill should have a moderate slope and extend for 200 - 400 meters. Run up the hill, focusing on the same leg turnover, but with shorter strides. After cresting the hill, relax and run down the hill with easy strides. Recover between each hill repeat. Mileage indicated is total distance of workout, including mileage for warmup and cooldown. If hills are unavailable, run on a treadmill with an incline of 3 - 5 % grade. Intersperse hill repeats with recovery.									
LSD: Long Slow Distance Run, pace is 45 seconds - 1 minute per mile slower than projected marathon pace. Conversational pace.									
MP: Marathon Pace or Race Pace, projected pace per mile in marathon.									
Negative Split: Running second half of workout 1 - 3 minutes faster than first half of workout.									
Race Pace: A run at or approximating projected race pace. Any Race Pace run begins and ends with a warm up and cool down for the first and last half to full mile (incorporated into the total mileage of the workout).									
Rest: No training activity this day. Allows recovery from training. These are necessary components to allow the body to progress and get stronger, allowing adaptation for the next training segment.									
Tempo: Quicker paced run, able to hold for a hour, estimate running at 15 seconds per mile slower than 10K pace.									
Track: Workout best performed on a quarter mile (400 Meters) track; workout measured in meters run and mileage approximated. Interval pace @ 5K - 10K.									
wu & cd: warm up and cool down (start and end of designated runs)									

TRAINING LOG TEMPLATE						
WEEK						
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						

Coach Brendan Running

Schedule #6 - Advanced Run/Walk

This training schedule is designed for those runners who have been running or run/walking regularly (3-4 days a week) for at least six months and who wish to follow a Run/Walk Training Schedule.

If you are beginning an exercise program **please visit your physician for an examination before starting an exercise program.**

Recommended Requirements to follow this training program: you have run at least two half marathons or one marathon in the last 2 years, your average weekly mileage has been at least 20 - 25 miles per week and you are able to run at least 5 miles continuously and comfortably.

The goal for this program is to complete a marathon and improve finish time using a Run/Walk strategy.

Abbreviations and terms are explained in the workout key found behind the Weekly Schedule.

Holidays noted in Red.

***If race pace is faster than 10:30 per mile, workouts on Tuesday and Saturday are performed by walking 1 minute per mile.**

***If race pace is 10:30 per mile or slower, workouts on Tuesday and Saturday are performed by running 10 minutes, walking 1 minute.**

WEEKLY SCHEDULE AT A GLANCE							
Training							
Week Number	Sunday (Rest)	Monday (Easy)	Tuesday (Speed or Strength)	Wednesday (Cross Train)	Thursday (Easy or	Friday (Rest)	Saturday (Long - LSD)
	28-May	29-May	30-May	31-May	1-Jun	2-Jun	3-Jun
1	Rest	4 Miles EZ 10/1* Mem'l Day	4 Miles EZ 10/1*	30 - 40 Minutes XT	4 Miles EZ 10/1*	Rest	6 Miles LSD 10/1*
	4-Jun	5-Jun	6-Jun	7-Jun	8-Jun	9-Jun	10-Jun
2	Rest	4 Miles EZ 10/1*	5 Miles EZ 10/1*	30 - 40 Minutes XT	4 Miles EZ 10/1*	Rest	7 Miles LSD 10/1*
	11-Jun	12-Jun	13-Jun	14-Jun	15-Jun	16-Jun	17-Jun
3	Rest	4 Miles EZ 10/1*	5 Miles EZ 10/1*	30 - 40 Minutes XT	5 Miles EZ 10/1*	Rest	9 Miles LSD 10/1*

	<u>18-Jun</u>	<u>19-Jun</u>	<u>20-Jun</u>	<u>21-Jun</u>	<u>22-Jun</u>	<u>23-Jun</u>	<u>24-Jun</u>
4	Rest	4 Miles EZ 10/1*	5 Miles Fartlek 10/1*	30 - 40 Minutes XT	5 Miles EZ 10/1*	Rest	11 Miles LSD 10/1*
	<u>25-Jun</u>	<u>26-Jun</u>	<u>27-Jun</u>	<u>28-Jun</u>	<u>29-Jun</u>	<u>30-Jun</u>	<u>1-Jul</u>
5	Rest	5 Miles EZ 10/1*	6 Miles Fartlek OR 30 Minutes - Hills (if available)	45 - 50 Minutes XT	6 Miles EZ 10/1*	Rest	7 Miles LSD 10/1*
	<u>2-Jul</u>	<u>3-Jul</u>	<u>4-Jul</u>	<u>5-Jul</u>	<u>6-Jul</u>	<u>7-Jul</u>	<u>8-Jul</u>
6	Rest	6 Miles EZ 10/1*	6 Miles Tempo 10/1* 4th of July Holiday	45 - 50 Minutes XT	6 Miles EZ 10/1*	Rest	13 Miles LSD 10/1*
	<u>9-Jul</u>	<u>10-Jul</u>	<u>11-Jul</u>	<u>12-Jul</u>	<u>13-Jul</u>	<u>14-Jul</u>	<u>15-Jul</u>
7	Rest	6 Miles EZ 10/1*	6 Miles Tempo 10/1*	60 Minutes XT	6 Miles EZ 10/1*	Rest	15 Miles LSD 10/1*

	<u>16-Jul</u>	<u>17-Jul</u>	<u>18-Jul</u>	<u>19-Jul</u>	<u>20-Jul</u>	<u>21-Jul</u>	<u>22-Jul</u>
8	Rest	5 Miles EZ 10/1*	4 x 800 meter 3 x 400 recovery 1 Mile WU & CD 5 Miles	60 Minutes XT	5 Miles EZ	Rest	16 Miles LSD 10/1*
	<u>23-Jul</u>	<u>24-Jul</u>	<u>25-Jul</u>	<u>26-Jul</u>	<u>27-Jul</u>	<u>28-Jul</u>	<u>29-Jul</u>
9	Rest	6 Miles EZ 10/1*	6 Miles Tempo OR 35 Minute - Hills (if available) 10/1*	60 Minutes XT	7 Miles EZ	Rest	12 Miles LSD 10/1*
	<u>30-Jul</u>	<u>31-Jul</u>	<u>1-Aug</u>	<u>2-Aug</u>	<u>3-Aug</u>	<u>4-Aug</u>	<u>5-Aug</u>
10	Rest	5 Miles EZ 10/1*	6 Miles Negative Split 10/1*	45 - 50 Minutes XT	4 Miles Tempo	Rest	18 Miles LSD 10/1*
	<u>6-Aug</u>	<u>7-Aug</u>	<u>8-Aug</u>	<u>9-Aug</u>	<u>10-Aug</u>	<u>11-Aug</u>	<u>12-Aug</u>
11	Rest	6 Miles EZ 10/1*	6 x 800 meter 5 x 400 recovery 1.5 Mile WU & CD 7.5 Miles Track	60 Minutes XT	6 Miles Tempo	Rest	13 Miles LSD 10/1*

	<u>13-Aug</u>	<u>14-Aug</u>	<u>15-Aug</u>	<u>16-Aug</u>	<u>17-Aug</u>	<u>18-Aug</u>	<u>19-Aug</u>
12	Rest	4 Miles EZ	7 Miles Tempo	60 Minutes	6 Miles Tempo	Rest	18 Miles 1 - 9 @ LSD 10 - 16 @ MP 17 - 18 @ LSD
		10/1*	10/1*	XT			10/1*
	<u>20-Aug</u>	<u>21-Aug</u>	<u>22-Aug</u>	<u>23-Aug</u>	<u>24-Aug</u>	<u>25-Aug</u>	<u>26-Aug</u>
13	Rest	5 Miles EZ	3 x 1600 Meters 2 x 800 Meters Rec	45 - 50 Minutes	7 Miles EZ	Rest	15 Miles LSD
		10/1*	1.5 Mile WU & CD 7 Miles Track	XT			10/1*
	<u>27-Aug</u>	<u>28-Aug</u>	<u>29-Aug</u>	<u>30-Aug</u>	<u>31-Aug</u>	<u>1-Sep</u>	<u>2-Sep</u>
14	Rest	5 Miles EZ	6 Miles Tempo	45 - 50 Minutes	6 Miles Tempo	Rest	20 Miles 1 - 12 @ LSD 13 - 17 @ MP 18 - 20 @ LSD
		10/1*	10/1*	XT			10/1*

	<u>3-Sep</u>	<u>4-Sep</u>	<u>5-Sep</u>	<u>6-Sep</u>	<u>7-Sep</u>	<u>8-Sep</u>	<u>9-Sep</u>
15	Rest	6 Miles EZ 10/1*	5 Miles Tempo 10/1*	45 - 50 Minutes XT	6 Miles EZ 10/1*	Rest	13 Miles LSD 10/1*
		Labor Day					
	<u>10-Sep</u>	<u>11-Sep</u>	<u>12-Sep</u>	<u>13-Sep</u>	<u>14-Sep</u>	<u>15-Sep</u>	<u>16-Sep</u>
16	Rest	6 Miles EZ 10/1*	3 x 1600 Meters (MP) 2 x 800 Recovery (EZ) 1 Mile WU & CD 6 Miles Track	45 - 50 Minutes XT	7 Miles EZ 10/1*	Rest	20 Miles LSD 10/1*
	<u>17-Sep</u>	<u>18-Sep</u>	<u>19-Sep</u>	<u>20-Sep</u>	<u>21-Sep</u>	<u>22-Sep</u>	<u>23-Sep</u>
17	Rest	6 Miles EZ 10/1*	7 Miles Negative Split 10/1*	45 - 50 Minutes XT	6 Miles EZ 10/1*	Rest	12 Miles 1 - 5 @ LSD 6 - 11 @ MP 12 @ LSD 10/1*

	24-Sep	25-Sep	26-Sep	27-Sep	28-Sep	29-Sep	30-Sep
18	Rest	5 Miles EZ 10/1*	8 x 800 Meters 2 minute recovery 1.0 Mile WU & CD 8 Miles Track	45 - 50 Minutes XT	6 Miles MP 10/1*	Rest	8 Miles 1 - 2 @ LSD 3 - 7 @ MP 8 @ LSD 10/1*
	1-Oct	2-Oct	3-Oct	4-Oct	5-Oct	6-Oct	7-Oct
19	4 Miles MP	4 Miles MP 10/1*	Rest	1 x 4800 Meters MP .5 Mile WU & CD 4 Miles Track	Rest	Rest	*Lesser of 3 Miles OR 25 Minutes at MP *Optional Workout
	8-Oct	9-Oct	10-Oct	11-Oct	12-Oct	13-Oct	14-Oct
20	26.2 Miles RACE DAY! 10/1*	Rest	Rest	4 Miles OR 40 Minutes EZ	40 Minutes XT	Rest	8 Miles LSD 10/1*

<u>To read the workout key:</u>
Cross-Train (XT): Non-weight bearing activity. Examples are biking, swimming, stair climber or elliptical trainer. Purpose is to maintain and build on aerobic fitness and capacity while reducing the stress on the body resulting from running.
Easy Run (EZ): This is a recovery run. If training with a heart rate monitor, stay in the 65 - 70% zone. You should be able to complete the workout with the ability to talk comfortably in complete sentences. This pace allows recovery from hard workouts.
Fartlek: Alternating irregular fast and slow intervals; may be done by time or by markers on the running course.
Hills: Running over a course with intermittent hills or hill repeats. If running hill repeats, the hill should have a moderate slope and extend for 200 - 400 meters. Run up the hill, focusing on the same leg turnover, but with shorter strides. After cresting the hill, relax and run down the hill with easy strides. Recover between each hill repeat. Mileage indicated is total distance of workout, including mileage for warmup and cooldown. If hills are unavailable, run on a treadmill with an incline of 3 - 5 % grade. Intersperse hill repeats with recovery.
LSD: Long Slow Distance Run, pace is 45 seconds - 1 minute per mile slower than projected marathon pace. Conversational pace.
MP: Marathon Pace or Race Pace, projected pace per mile in marathon.
Negative Split: Running second half of workout 1 - 3 minutes faster than first half of workout.
Race Pace: A run at or approximating projected race pace. Any Race Pace run begins and ends with a warm up and cool down for the first and last half to full mile (incorporated into the total mileage of the workout).
Rest: No training activity this day. Allows recovery from training. These are necessary components to allow the body to progress and get stronger, allowing adaptation for the next training segment.
Tempo: Quicker paced run, able to hold for a hour, estimate running at 15 seconds per mile slower than 10K pace.
Track: Workout best performed on a quarter mile (400 Meters) track; workout measured in meters run and mileage approximated. Interval pace @ 5K - 10K.
wu & cd: warm up and cool down (start and end of designated runs)

TRAINING LOG TEMPLATE						
WEEK						
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						