

## 2015 Beginner Fall Marathon Schedule

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TM
8-Jun	3	OFF	3	OFF	3	6	OFF	15
15-Jun	3	OFF	3	OFF	3	7	OFF	16
22-Jun	4	OFF	4	OFF	4	8	OFF	20
29-Jun	4	OFF	5	OFF	4	10	OFF	23
6-Jul	4	OFF	5	OFF	4	11	OFF	24
13-Jul	4	OFF	6	OFF	4	12	OFF	26
20-Jul	5	OFF	6	OFF	4	13	OFF	28
27-Jul	5	OFF	1/3/1	OFF	5	8	OFF	23
3-Aug	5	OFF	6	OFF	4	14	OFF	29
10-Aug	5	OFF	1/4/1	OFF	5	15	OFF	31
17-Aug	5	OFF	7	OFF	5	16	OFF	33
24-Aug	5	OFF	7	OFF	5	10	OFF	27
31-Aug	5	OFF	1/5/1	OFF	6	16(12-15)	OFF	34
7-Sep	5	OFF	8	OFF	6	14	OFF	33
14-Sep	1/6/1	OFF	5	OFF	8	16(12-16)	OFF	36
21-Sep	5	OFF	6	OFF	5	8	OFF	24
28-Sep	6	OFF	1/7/1	OFF	8	18(12-15)	OFF	41
5-Oct	6	OFF	8	OFF	8	14	OFF	36
12-Oct	6	OFF	7	OFF	8	18(12-16)	OFF	39
19-Oct	6	OFF	6	OFF	6	10	OFF	28
26-Oct	5	OFF	6	OFF	5	6	OFF	22
2-Nov	OFF	1/3X.5/1	4	OFF	1	Race	OFF	35

The dates listed on the schedule are Monday of each week.

See the page below for further explanation of the schedule.

Don't forget to recognize and acknowledge our sponsors that have made this program possible.

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*This page is designed as a quick reference guide for your training schedule.*

### **Easy pace workouts:**

Start with 3-5 minutes of some dynamic drills to get some blood pumping (walking lunges, butt kicks, knees up, etc.). **Your pace for this run should be approximately 1 minute per mile slower than half marathon race pace or 30-45 seconds slower than predicted marathon pace.** This should be a very easy, comfortable workout. These workouts are designed for recovery at the beginning of the week, as a tool to pre-fatigue your legs prior to an upcoming long run and also for your long runs. It is very important to keep a slow, relaxed pace. There is one small exception to the rule. If you see a number followed by another series of numbers in parenthesis, this means you should run those specific numbers at half marathon pace (in the middle of your run). For example if you run a 2 hour half marathon (pace of 9:09) and see a workout listed on a Saturday like this, 16(12-15), that means you should run the first 11 miles at 10:09 per mile or slower, but then miles 12, 13, 14 & 15 should be at 9:09 pace followed by one more mile at 10:09. I hope that makes sense.

### **Speed workouts:**

Start with 3-5 minutes of some dynamic drills to get some blood pumping (walking lunges, butt kicks, knees up, etc.). If the numbers listed here are in BLACK, use the guidelines stipulated for the Easy pace workouts. If the numbers are **RED**, follow these guidelines. You will have a series of 3 different workouts to utilize based on where the schedule is in relation to your goal race. Here are some examples:

- **“1/3/1”** stipulates Tempo run with a 1 mile easy warm-up followed by a 3 mile tempo run (at half marathon race pace) and finished with another easy 1 mile.
- **“1/3X1.5/1”** stipulates an Interval-based run with a 1 mile easy warm-up followed by (3) 1.5 mile runs (15-20 seconds faster than half marathon pace) with a 3 minute rest period after every interval, then finishing once again with a 1 mile cool-down. Other options could be 1/2X2/1 or 1/2X3/1. All of these dictate the interval number and length between the warm-up and cool-down. Regardless of the distance and number, all of these workouts utilize a 3 minute rest period between intervals.
- **“1/4CUT/1”** stipulates a Cutdown run that starts once again with a 1 mile easy warm-up, then proceeds to run 4 mile long intervals (starting at marathon pace or slightly slower and then speeding up at least 15 seconds per mile each mile) WITHOUT REST, then finishing the workout once again with a 1 mile cool-down. For example, using the workout listed here for someone with a predicted marathon pace of 9:33 per mile, the workout intervals should start (after the 1 mile warm-up of course) at 9:33, then 9:15, 9:00 and finishing with 8:45. This is not an exact science, just plan out your intervals to get slightly faster each time.

### **OFF days:**

Participants are always encouraged to take a day of two off during the week. If desired you could also use these off days as a cross-training day. Stimulating change in the body by engaging in several different types of training (cross training) makes for a stronger, less injury prone athlete. Swimming, yoga, cycling, rowing are all good options.

**For more detailed information regarding any of the above training zones, please do not hesitate to contact one of your friendly Training Studio representatives.**

Email: [getinshape@thetrainingstudio.com](mailto:getinshape@thetrainingstudio.com)

Phone: 502.893.4024