

sound *RUNNER*

a running store...and more

Marathon Buildup

Runners should go long every other week. Alternate weeks will feature a track workout. Track workouts will be run 1 minute faster than target race pace. If your goal is a 4:00 marathon, that is a little over a 9:00 pace. Track pace will be 8:00 per mile, or 2:00 per lap. The marathon is not about speed. It is about running efficiently for a long time, giving you endurance. It is about not slowing down, and not feeling bad when the time comes to have your picture taken at the finish line. It is about being able to enjoy dinner and walk normally the next day. The marathon requires preparation. If you complete the training schedule with us, you will succeed. If you are not running 20 miles per week when we begin the buildup, adjust your program so you increase at the rate of 10% per week, being careful to reduce your mileage every fourth week. Don't worry about attaining the mileage shown in the chart. The two most important runs are the long run and the quality run, whether a hill session or a track workout.

This is a general training program that can be altered based on your needs. Please discuss this with the sound*RUNNER* coach.

Week 1 - 20 miles
Up to 12 miles

Week 2 - 24 miles
Up to 14 miles
3 x hills

Week 3 - 26 miles
Up to 16 miles
4 x hills

Week 4 - 28 miles
Up to 18 miles
5 x hills

Week 5 - 30 miles
Up to 20 miles
Track 4 x 800

Week 6 - 32 miles
Up to 16 miles
Track 5 x 800

Week 7 - 35 miles
Up to 18 miles
Track 400/800/1200/800/400 ladder

Week 8 - 29 miles
Up to 18 miles
Track 600/1000/1400/1000/600 ladder

Week 9 - 35 miles
Up to 20 miles
Track 6 x 800

Week 10 - 38 miles
Up to 22 miles
Track 800/1200/1600/1200/800 ladder

Week 11 - 42 miles
Up to 22 miles
Track 4 x 1200, 800

Week 12 - 38 miles
Up to 22 miles
Track 400/1200/1600/1600/1200/400

Week 13 - 45 miles
Up to 24 miles
Track 5 x 1

Week 14 - 35 miles
Up to 24 miles
Track 800/1200/1600/2400/1600/1200/800

Week 15 - 25 miles
Track 6 x 1 mile

Week 16 - 20 miles plus marathon
Your Marathon