

FUREY 26.2

MARATHON TRAINING

Program 1: Beginner A

2 days of running per week

Ideal for beginners with primary goal of completion and minimal time to train.

This plan consists of only running but it is recommended to add some strength training if possible.

Beginner A	MONDAY Steady pace	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY Long run	SUNDAY	Total Milage
Week 1 - 5/10	4		4			4		12
Week 2 - 5/17	4		4			4		12
Week 3 - 5/24	4		4			5		13
Week 4 - 5/31	4		4			6		14
Week 5 - 6/7	4		4			7		15
Week 6 - 6/14	4		5			8		17
Week 7 - 6/21	4		5 - Hill Intervals			7 - 10		19
Week 8 - 6/28	5		5 - Hill Intervals			8 - 10		20
Week 9 - 7/5	5		5 - Hill Intervals			10 - 12		22
Week 10 - 7/12	5		5 - Hill Intervals			10 *		20
Week 11 - 7/19	6		6 - Hill Intervals			12 - 14		26
Week 12 - 7/26	4		7 - Hill Intervals			10		21
Week 13 - 8/2	6		7 - Hill Intervals			12 - 14 - 16		29
Week 14 - 8/9	6		8 - Hill Intervals			10 *		24
Week 15 - 8/16	6		8 - Hill Intervals			14		28
Week 16 - 8/23	6		8 - Hill Intervals			10 *		24
Week 17 - 8/31	6		8 - Hill Intervals			16 - 18		32
Week 18 - 9/6	6		8 - Hill Intervals			12 - 14 - 16 - 18		28
Week 19 - 9/13	6		8 - Hill Intervals			18 - 20		34
Week 20 - 9/20	6		8 - Hill Intervals			10 *		24
Week 21 - 9/27	6		7 - Hill Intervals			8		21
Week 22 - 10/4	4		3			2		9
October 11th 2021	RACE DAY					*Woodland Run		

Starting Weekly Milage: 12 miles
Key Runs: hill intervals and & runs
Progression: Very gradual

Highest Milage Week: 34 miles
Longest Run: 20 miles
Injury Risk: very low