

# FUREY 26.2

## MARATHON TRAINING

# Program 1: Beginner A

3 days of running per week  
1 day of strength training or yoga

*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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY LONG RUN	SUNDAY	Total Milage	
Week 1 - 5/25	5		5	ST / yoga		6*		16	
Week 2 - 6/1	5		5	ST / yoga		7		17	
Week 3 - 6/8	5		5	ST / yoga		8*		18	
Week 4 - 6/15	5		5	ST / yoga		10		20	
Week 5 - 6/22	6		6 - Hill Intervals x3	ST / yoga		10 - 12*		24	
Week 6 - 6/29	4		6 - Hill Intervals x4	ST / yoga		12		22	
Week 7 - 7/6	5		7 - Hill Intervals x5	ST / yoga		10*		23	
Week 8 - 7/13	5		8 - Hill Intervals x6	ST / yoga		12 - 14		26	
Week 9 - 7/20	5		8 - Hill Intervals x7	ST / yoga		10*		23	
Week 10 - 7/27	5		9 - Hill Intervals x8	ST / yoga		14 - 16		31	
Week 11 - 8/3	6		9 - Hill Intervals x8	ST / yoga		12*		27	
Week 12 - 8/10	4		9 - Hill Intervals x9	ST / yoga		8*		23	
Week 13 - 8/17	6		10 - Hill Intervals x10	ST / yoga		17 - 20		36	
Week 14 - 8/24	6		8 - Hill Intervals x8	ST / yoga		10		24	
Week 15 - 8/31	6		7 - Hill Intervals x6	ST / yoga		8		20	
Week 16 - 9/6	4		3			2		9	
Sept. 14 2020	<b>RACE DAY</b>	*Can switch long run to 5k or 8k timed trial.							

Starting Weekly Milage: 16 miles  
Key Runs: hill intervals and & runs  
Progression: Very gradual

Highest Milage Week: 36 miles  
Longest Run: 20 miles  
Injury Risk: very low