

FUREY 26.2

MARATHON TRAINING

Program 1: Beginner

3 days of running per week

* = option of 2 days of strength training

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

Starting Mileage: 12 miles per week - 3 days of running 4 miles per day

Key Runs: intervals & long runs

Highest Mileage Week: 30 miles

Longest Run: 18 miles

Progression: very gradual

Injury Risk: very low

Furey 26.2 Program 1	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	total
Week 1- 6/24	4 SP	*	4	*		4 LR		12
Week 2- 7/1	4 SP	*	5	*		5 LR		14
Week 3- 7/8	5 SP	*	5	*		6 LR		16
Week 4- 7/15	5 SP	*	5	*		8 LR		18
Week 5- 7/22	5 SP	*	5	*		9 LR		19
Week 6- 7/29	5 SP	*	5 IT	*		10 LR		20
Week 7- 8/5	5 SP	*	6 IT	*		12 LR		24
Week 8- 8/12	6 SP	*	6 IT	*		10 LR		22
Week 9- 8/19	6 SP	*	6 IT	*		14-15 LR		26
Week 10- 8/26	6 SP	*	6 IT	*		10 LR		22
Week 11- 9/2	6 SP	*	6 IT	*		14 LR		26
Week 12- 9/9	6 SP	*	6 IT	*		16-18 LR		30
Week 13- 9/16	6 SP	*	6 IT	*		14 LR		26

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Week 14- 9/23	6 SP	*	6 IT	*		10-12 LR		23
Week 15- 9/30	6 SP	*	5 IT	*		8-10 LR		21
Week 16- 10/7	5 SP	*	4 IT	*			RACE	

Key:

IT= interval training

SP= steady pace run

LR= long run

NOTE: It is recommended to foam roll and stretching daily. Also, any form of strength training would help your training tremendously, however, if you have limited time 3days of running is the program