

FUREY 26.2

MARATHON TRAINING

Chicago 2024 Marathon Training Plan

Program 1: Beginner A

3 days of running per week

3 days of strength training per week

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Mileage
Week 1: 6/17	4	ST	5	ST		7 - 10		19
Week 2: 6/24	5	ST	5	ST		8 - 10 - 12		20
Week 3: 7/1	5	ST	5	ST		10 - 12		20
Week 4: 7/8	5	ST	5	ST		10 - 12 - 14		21
Week 5: 7/15	6	ST	5	ST		10		22
Week 6: 7/22	4	ST	3 x 800	ST		14 - 16		27
Week 7: 7/29	6	ST	4 x 800	ST		10		23
Week 8: 8/5	6	ST	5 x 800	ST		14 - 16 - 18		32
Week 9: 8/12	6	ST	5 x 800	ST		10		24
Week 10: 8/19	6	ST	6 x 800	ST		16 - 18 - 20		34
Week 11: 9/2	6	ST	7 x 800	ST		10		23
Week 12: 9/9	6	ST	7 x 800	ST		18 - 20+		36
Week 13: 9/16	6	ST	8 x 800	ST		10 - 12 - 14		28
Week 14: 9/23	6	ST	7 x 800	ST		10 - 12		26
Week 15: 9/30	6	ST	4 x 800	ST		8 - 10		23
Week 16: 10/7	4		3	St - no legs	2 - 3		RACE DAY	

Yasso 800s begin week 6. Do an easy 2 mile warm up, the listed reps above, easy 2 mile cooldown.

Starting Weekly Mileage: 19 miles

Highest Mileage Week: 34 miles

Key Runs: hill intervals and & runs

Progression: Very gradual

ST: Strength Train

Longest run: 20 miles

Injury Risk: very low