

FUREY 26.2

MARATHON TRAINING

Chicago 2024 Marathon Training Plan

Program 3: Advanced Beginner

3 days of running per week
2 days of strength training per week

Ideal for beginners who are motivated to do strength work in addition to running

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Mileage
Week 1: 6/17	5	ST	6	ST		10		21
Week 2: 6/24	5	ST	6	ST		12		23
Week 3: 7/1	5	ST	6	ST		10		21
Week 4: 7/8	5	ST	6	ST		12 - 14		25
Week 5: 7/15	6	ST	6	ST		10		23
Week 6: 7/22	4	ST	3 x 800	ST		14 - 16+		28
Week 7: 7/29	6	ST	4 x 800	ST		10		24
Week 8: 8/5	6	ST	5 x 800	ST		14 - 16 - 18		31
Week 9: 8/12	6	ST	5 x 800	ST		10		25
Week 10: 8/19	6	ST	6 x 800	ST		16 - 18 - 20		35
Week 11: 9/2	6	ST	7 x 800	ST		10		25
Week 12: 9/9	6	ST	7 x 800	ST		18 - 20+		36
Week 13: 9/16	6	ST	8 x 800	ST		12		26
Week 14: 9/23	6	ST	7 x 800	ST		10		23
Week 15: 9/30	6	ST	4 x 800	ST		8		20
Week 16: 10/7	4	ST	4	ST	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: 21 miles
Key Runs: hill intervals and & runs
ST: Strength Train
Injury Risk: very low

Highest Mileage Week: 36 miles
Progression: Very gradual
Longest run: 20 miles