

# FUREY 26.2

## MARATHON TRAINING

# Program 2: Beginner B

2 days of running per week  
2 days of non impact cardio mixed w/ strength training

*Ideal for beginners with primary goal of completion, minimal time to train & possible injury issues*

Beginner A	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY Long run	SUNDAY	Total Milage
Week 1 - 6/7	XT/ST		5	XT/ST		5		10
Week 2 - 6/14	XT/ST		5	XT/ST		5		10
Week 3 - 6/21	XT/ST		5	XT/ST		6		11
Week 4 - 6/28	XT/ST		5	XT/ST		6		11
Week 5 - 7/5	XT/ST		6	XT/ST		7		12
Week 6 - 7/12	XT/ST		6	XT/ST		8		14
Week 7 - 7/19	XT/ST		6 - Hill Intervals			10		16
Week 8 - 7/26	XT/ST		6 - Hill Intervals			10 - 12		18
Week 9 - 8/2	XT/ST		7 - Hill Intervals			10		17
Week 10 - 8/9	XT/ST		7 - Hill Intervals			10 *		17
Week 11 - 8/16	XT/ST		7 - Hill Intervals			10 - 12		19
Week 12 - 8/23	XT/ST		8 - Hill Intervals			12 - 14 - 16		24
Week 13 - 8/30	XT/ST		8 - Hill Intervals			14		22
Week 14 - 9/6	XT/ST		9 - Hill Intervals			10 *		19
Week 15 - 9/13	XT/ST		9 - Hill Intervals			14 - 16 - 18		27
Week 16 - 9/20	XT/ST		9 - Hill Intervals			16 - 18		27
Week 17 - 9/27	XT/ST		9 - Hill Intervals			10 *		19
Week 18 - 10/4	XT/ST		9 - Hill Intervals			12 - 14 - 16 - 18		27
Week 19 - 10/11	XT/ST		9 - Hill Intervals			18 - 20		29
Week 20 - 10/18	XT/ST		8 - Hill Intervals			10 *		18
Week 21 - 10/25	XT/ST		7 - Hill Intervals			8		15
Week 22 - 11/1	XT/ST		3			2		5
November 7th 2021	<b>RACE DAY</b>							

*\*Woodland Run*

Starting Weekly Milage: 10 miles  
Key Runs: hill intervals and & runs  
Progression: Very gradual  
XT/ST: Cross Train/Strength Train

Highest Milage Week: 29 miles  
Longest Run: 20 miles  
Injury Risk: very low