

FUREY 26.2

MARATHON TRAINING

NYC 18 week plan

Program 1: Beginner A

3 days of running per week
3 days of strength training

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

	MONDAY Steady pace	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY Long run	SUNDAY	Total Mileage
Week 1 - 7/1	4		5			6		15
Week 2 - 7/8	4		5			8		17
Week 3 - 7/15	4	ST	5	ST		7-10		19
Week 4 - 7/22	5	ST	5	ST		8-10-12		20
Week 5 - 7/29	5	ST	5	ST		10-12		20
Week 6 - 8/5	5	ST	5	ST		10-12-14		21
Week 7 - 8/12	6	ST	6 - Hill Intervals	ST		10		22
Week 8 - 8/19	4	ST	7 - Hill Intervals	ST		14-16		27
Week 9 - 8/26	6	ST	7 - Hill Intervals	ST		10		23
Week 10 - 9/2	6	ST	8 - Hill Intervals	ST		14-16-18		32
Week 11 - 9/9	6	ST	8 - Hill Intervals	ST		10		24
Week 12 - 9/16	6	ST	8 - Hill Intervals	ST		16-18-20		34
Week 13 - 9/23	6	ST	8 - Hill Intervals	ST		10		23
Week 14 - 9/30	6	ST	8 - Hill Intervals	ST		18-20+		36
Week 15 - 10/7	6	ST	8 - Hill Intervals	ST		10-12-14		28
Week 16 - 10/14	6	ST	8 - Hill Intervals	ST		10-12		26
Week 17 - 10/21	6	ST	7 - Hill Intervals	ST		8-10		23
Week 18 - 10/28	4		3	ST - no legs	2-3		RACE DAY	

Hill Intervals start week 7

Starting Weekly Mileage: 15 miles
Key Runs: hill intervals and & runs
Progression: Very gradual
ST: Strength Train

Highest Mileage Week: 34 miles
Longest Run: 20 miles
Injury Risk: very low