

FUREY 26.2

MARATHON TRAINING

Program 2: Advanced Beginner

NYC 18 Week Training Schedule

3 days of running per week

2 days of strength training

1-2 days of non-impact cardio interval

Ideal for beginners, who want to do more training, but have not been running long enough to 4 or 5 days per week. Tuesday can be strength train only or non-impact cardio after

Starting Mileage: 14 miles per week - 3 days of running 4 miles per day

Key Runs: intervals & long runs

Highest Mileage Week: 38 miles

Longest Run: 20 miles

Progression: very gradual

Injury Risk: low

The difference between the beginner and advanced beginner is 2 days of strength and 1-2 days of run impact cardio.

Furey 26.2 Program 2	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	total
Week 1- 7/1	4 SP	ST	4	ST/ X-T		6 LR		14
Week 2- 7/8	4 SP	ST	5 HI	ST/ X-T		8 LR		17
Week 3- 7/15	5 SP	ST	5 HI	ST/ X-T		10 LR		20
Week 4- 7/22	5 SP	ST	5 HI	ST/ X-T		10 LR		20
Week 5- 7/29	5 SP	ST	5 HI	ST/ X-T		12 LR		22
Week 6- 8/5	5 SP	ST	5 HI	ST/ X-T		14 LR		24
Week 7- 8/12	6 SP	ST	6 HI	ST/ X-T		10 LR		22
Week 8- 8/19	4 SP	ST	7 HI	ST/ X-T		16 LR		27
Week 9- 8/26	6 SP	ST	7 HI	ST/ X-T		10 LR		23
Week 10- 9/2	6 SP	ST	7 HI	ST/ X-T		16 LR		30

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Week 11- 9/9	6 SP	ST	7 HI	ST/ X-T		10 LR		33
Week 12- 9/16	6 SP	ST	7 HI	ST/ X-T		18 LR		38
Week 13- 9/23	6 SP	ST	8 HI	ST/ X-T		14 LR		28
Week 14- 9/30	6 SP	ST	8 HI	ST/ X-T		20 LR		34
Week 15- 10/7	6 SP	ST	7 HI	ST/ X-T		8- 10 LR		19-21
Week 16- 10/14	5 SP	ST	8 HI	ST/ X-T		14 LR		27
Week 17- 10/21	5 SP	ST	6 HI	ST/ X-T		10 LR		21
Week 18- 10/28	5 SP		4		2	1	RACE	

Key:

SP= steady pace run

ST= strength train

HI= hill intervals

X-T= cross train (non-impact cardio)

LR= long run

ST/ X-T: This day combines strength training and non-impact cardio (AKA "cross-training").

Keep the tempo high for the strength work, for the cardio do intervals vary in length.

NOTE: It is recommended to foam roll and stretches daily.