

# FUREY 26.2

## MARATHON TRAINING

### Program 1: Beginner

#### NYC 18 Week Training Schedule

3 days of running per week

\* = option of 2 days of strength training

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

Starting Mileage: 12 miles per week - 3 days of running 4 miles per day

Key Runs: intervals & long runs

Highest Mileage Week: 30 miles

Longest Run: 18 miles

Progression: very gradual

Injury Risk: very low

| Furey 26.2<br>Program 1 | Mon  | Tues | Wed  | Thurs | Fri | Sat   | Sun | total |
|-------------------------|------|------|------|-------|-----|-------|-----|-------|
| Week 1- 7/1             | 4 SP | *    | 4    | *     |     | 4 LR  |     | 12    |
| Week 2- 7/8             | 4 SP | *    | 5    | *     |     | 5 LR  |     | 14    |
| Week 3- 7/15            | 5 SP | *    | 5    | *     |     | 6 LR  |     | 16    |
| Week 4- 7/22            | 5 SP | *    | 5    | *     |     | 8 LR  |     | 18    |
| Week 5- 7/29            | 5 SP | *    | 5    | *     |     | 9 LR  |     | 19    |
| Week 6- 8/5             | 5 SP | *    | 5 HI | *     |     | 10 LR |     | 20    |
| Week 7- 8/12            | 5 SP | *    | 6 HI | *     |     | 12 LR |     | 24    |
| Week 8- 8/19            | 6 SP | *    | 6 HI | *     |     | 10 LR |     | 22    |
| Week 9- 8/26            | 6 SP | *    | 6 HI | *     |     | 14 LR |     | 26    |
| Week 10- 9/2            | 6 SP | *    | 6 HI | *     |     | 10 LR |     | 22    |
| Week 11- 9/9            | 6 SP | *    | 6 HI | *     |     | 14 LR |     | 26    |
| Week 12- 9/16           | 6 SP | *    | 6 HI | *     |     | 10 LR |     | 26    |
| Week 13- 9/23           | 6 SP | *    | 6 HI | *     |     | 16 LR |     | 24    |

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|                |      |   |      |   |   |       |      |    |
|----------------|------|---|------|---|---|-------|------|----|
| Week 14- 9/30  | 6 SP | * | 6 HI | * |   | 18 LR |      | 30 |
| Week 15- 10/7  | 6 SP | * | 6 HI | * |   | 14 LR |      | 26 |
| Week 16- 10/14 | 6 SP | * | 7 HI | * |   | 10 LR |      | 23 |
| Week 17- 10/21 | 6 SP | * | 6 HI |   |   | 8 LR  |      | 20 |
| Week 18- 10/28 | 5 SP | * | 4    |   | 2 | 1     | RACE |    |

Key:

HI= hill intervals

SP= steady pace run

LR= long run

NOTE: It is recommended to foam roll and stretching daily. Also, any form of strength training would help your training tremendously, however, if you have limited time 3days of running is the program