

FUREY 26.2

MARATHON TRAINING

Program 1: Beginner A

3 days of running per week

Ideal for beginners with primary goal of completion and minimal time to train. This plan consists of only running but it is recommended to add some strength training if possible.

Beginner A	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Total Milage
Week 1 - 11/18	4		4			4 - Long Run		12
Week 2 - 11/25	4		4			4 - Long Run		12
Week 3 - 12/2	4		4			5 - Long Run		13
Week 4 - 12/9	4		4			6 - Long Run		14
Week 5 - 12/16	4		4			7 - Long Run		15
Week 6 - 12/23	4		5			8 - Long Run		17
Week 7 - 12/30	5		5 - Hill Intervals			10 - Long Run*		20
Week 8 - 1/6	5		5 - Hill Intervals			10-12 - Long Run		22
Week 9 - 1/13	5		5 - Hill Intervals			10 - Long Run*		20
Week 10 - 1/20	5		5 - Hill Intervals			12-14 Long Run		22
Week 11 - 1/27	6		6 - Hill Intervals			10 - Long Run*		22
Week 12 - 2/3	4		7 - Hill Intervals			12-14-16 - Long Run		23
Week 13 - 2/10	6		7 - Hill Intervals			10 - Long Run*		23
Week 14 - 2/17	6		8 - Hill Intervals			14 - Long Run		28
Week 15 - 2/24	6		8 - Hill Intervals			10 - Long Run*		22
Week 16 - 3/2	6		8 - Hill Intervals			16-18 - Long Run		32
Week 17 - 3/9	6		8 - Hill Intervals			10 - Long Run*		22
Week 18 - 3/16	6		8 - Hill Intervals			12-14-16-18 - Long Run		28
Week 19 - 3/23	6		8 - Hill Intervals			18 - 20 - Long Run		34
Week 20 - 3/30	6		8 - Hill Intervals			10 - 12 - Long Run		26
Week 21 - 4/6	6		7 - Hill Intervals			8 - Long Run		21
Week 22 - 4/13	4		3			2		9
APRIL 20, 2020	RACE DAY					* = Riverside Run		

Starting Milage: 12 miles
 Key Runs: hill intervals and & runs
 Progression: Very gradual

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