

FUREY 26.2

MARATHON TRAINING

Program 1: Beginner A

2 days of running per week

2 days of strength training

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 Steady pace	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY Long run	SUNDAY	Total Milage
Week 1 - 12/13	4		5			6		15
Week 2 - 12/20	4		5			8		17
Week 3 - 12/27	4	ST	5 - Hill Intervals	ST		7 - 10		19
Week 4 - 1/3	5	ST	5 - Hill Intervals	ST		8 - 10		20
Week 5 - 1/10	5	ST	5 - Hill Intervals	ST		10 - 12		22
Week 6 - 1/17	5	ST	5 - Hill Intervals	ST		10 * (RR)		20
Week 7 - 1/24	6	ST	6 - Hill Intervals	ST		12 - 14		26
Week 8 - 1/31	4	ST	7 - Hill Intervals	ST		10 * (RR)		21
Week 9 - 2/7	6	ST	7 - Hill Intervals	ST		12 - 16		29
Week 10 - 2/14	6	ST	8 - Hill Intervals	ST		10 * (RR)		24
Week 11 - 2/21	6	ST	8 - Hill Intervals	ST		14		28
Week 12 - 2/28	6	ST	8 - Hill Intervals	ST		10 * (RR)		24
Week 13 - 3/7	6	ST	8 - Hill Intervals	ST		16 - 18		32
Week 14 - 3/14	6	ST	8 - Hill Intervals	ST		10 * (RR)		24
Week 15 - 3/21	6	ST	8 - Hill Intervals	ST		18 - 20		34
Week 16 - 3/28	6	ST	8 - Hill Intervals	ST		10		24
Week 17 - 4/4	6	ST	7 - Hill Intervals	ST		8		21
Week 18 - 4/11	4		3	ST (no legs)		2		9
April 18th 2022	RACE DAY							

**Riverside Run*

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

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