

FUREY 26.2

MARATHON TRAINING

Program 2: Beginner B

2 days of running per week
2 days of non impact cardio mixed w/ strength training

Ideal for beginners with primary goal of completion, minimal time to train & possible injury issues

Beginner B	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY Long run	SUNDAY	Total Milage
Week 1 - 12/13	XT/ST		6	XT/ST		7		13
Week 2 - 12/20	XT/ST		6	XT/ST		8		14
Week 3 - 12/27	XT/ST		6 - Hill Intervals	XT/ST		10		16
Week 4 - 1/3	XT/ST		6 - Hill Intervals	XT/ST		10 - 12		18
Week 5 - 1/10	XT/ST		7 - Hill Intervals	XT/ST		10		17
Week 6 - 1/17	XT/ST		7 - Hill Intervals	XT/ST		10 * (RR)		17
Week 7 - 1/24	XT/ST		7 - Hill Intervals	XT/ST		10 - 12		19
Week 8 - 1/31	XT/ST		8 - Hill Intervals	XT/ST		10 * (RR)		18
Week 9 - 2/7	XT/ST		8 - Hill Intervals	XT/ST		14		22
Week 10 - 2/14	XT/ST		9 - Hill Intervals	XT/ST		10 * (RR)		19
Week 11 - 2/21	XT/ST		9 - Hill Intervals	XT/ST		14 - 16 - 18		27
Week 12 - 2/28	XT/ST		9 - Hill Intervals	XT/ST		10 * (RR)		19
Week 13 - 3/7	XT/ST		9 - Hill Intervals	XT/ST		16 - 18		27
Week 14 - 3/14	XT/ST		9 - Hill Intervals	XT/ST		10 * (RR)		19
Week 15 - 3/21	XT/ST		9 - Hill Intervals	XT/ST		18 - 20		29
Week 16 - 3/28	XT/ST		8 - Hill Intervals	XT/ST		10		18
Week 17 - 4/4	XT/ST		7 - Hill Intervals	XT/ST		8		15
Week 18 - 4/11	XT/ST		3	ST (no legs)		2		5
April 18th 2022	RACE DAY					<i>*Riverside Run</i>		

Starting Weekly Milage: 13 miles
Key Runs: hill intervals and & runs
Progression: Very gradual
XT/ST: Cross Train/Strength Train

Highest Milage Week: 29 miles
Longest Run: 20 miles
Injury Risk: very low