Program 3: Advanced Beginner

FUREY 26.2 MARATHON TRAINING

3 days of running per week
2 days of strength training, one with cardio at end
1 day of non-impact cardio or brisk walking
Sunday off day or easy non-impact

Ideal for advanced beginners who are motivated to do strength work in addition to running

Advanced Beginner	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY LONG RUN	SUNDAY	Total Milage
Week 1 - 12/1	4 SP	ST	3 SP	XT/ST		5 - 6	RD or non-impact	13
Week 2 - 12/8	4 SP	ST	4 SP	XT/ST		6 - 7	RD	15
Week 3 - 12/15	4 SP	ST	4 SP	XT/ST		6 - 8	RD	16
Week 4 - 12/22	4 SP	ST	6 SP	XT/ST		8 - 10	RD	20
Week 5 - 12/29 Optional deload day	5 SP	ST	6 SP	XT/ST		10 RR #1	RD	21
Week 6 - 1/5	5 SP	ST	6 SP	XT/ST		8 - 10 - 12	RD	23
Week 7 - 1/12	5 SP	ST	6 - HI	XT/ST		10 RR #2	RD	21
Week 8 - 1/19	5 SP	ST	6 - HI	XT/ST		12 - 14	RD	25
Week 9 - 1/26	6 SP	ST	7 - HI	XT/ST		10 RR #3	RD	23
Week 10 - 2/2 Optional deload day	4 SP	ST	7 - HI / 5 x 800	XT/ST		14 - 16+	RD	28
Week 11 - 2/9	6 SP	ST	8 - HI	XT/ST		10 RR #4	RD	24
Week 12 - 2/16	6 SP + strides	ST	8 - HI / 6 x 800	XT/ST		16 - 18 +	RD	33
Week 13 - 2/23	6 SP + strides	ST	9 - HI	XT/ST		10	RD	25
Week 14 - 3/2	6 SP + strides	ST	9 - HI / 7 x 800	XT/ST		16 - 18 - 20 RR #5 Riverside Extension	RD	33
Week 15 - 3/9 Optional deload day	6 SP + strides	ST	9 - HI	XT/ST		10 - 12	RD	27
Week 16 - 3/16	6 SP + strides	ST	10 - HI / 8 x 800	XT/ST		18 - 20 - 22+	RD	38
Week 17 - 3/23	6 SP + strides	ST	10 - HI	XT/ST		10 - 12 - 14	RD	28
Week 18 - 3/30	6 SP	ST	9 - HI / 8 x 800	XT/ST		10 - 12 RR #6	RD	26
Week 19 - 4/6	6 SP	ST	7 - HI	XT/ST		8	RD	22
Week 20 - 4/13	5	OFF	4	XT	3	2	RD	13
April 20 2026	**RACE DAY**							

Important Note: These plans are guidelines. If needed, you can switch up the days, change things around, and blend different plans together to meet your individual training goals. Please see information below for coaches notes and the training abbreviation key.

Coaches Notes

Starting Weekly Mileage: 13 miles
Highest Mileage Week: 38 miles
Longest Run: 20 *(can be modified if needed)*
Progression: Very gradual
Injury Risk: Low

Key:

LR: Long runs. A key piece of the marathon training plan. These are generally run at an easy pace with some segments run at race pace.

RR: Riverside Run. This out-and-back run begins at the Riverside T stop and finishes at Joint Ventures.

HI: Hill Intervals. A critical workout for Boston! The number on the schedule reflects the total mileage of the workout, including a 1.5 - 2.0 mile easy warmup jog at the start and shakeout jog at the end.

SP: Steady pace runs. Not hard but not too easy. You should be able to talk during these runs.

ST: Strength Train. Any form of strength training that will help improve running and decrease injury risk.

XT: Cardio Cross Train. 30 - 60 minutes of any version of non-impact cardio - bike, rower, stepper, swim, elliptical

Strides: 5 - 6 strides (20 seconds each) at the end of the run.

BW: Brisk Walk 30 - 60 minutes. An excellent alternative to increase fitness with minimal impact and to prepare you for adding walking breaks into longer runs as they increase later in the season.

RD: Recovery Day. Either a total day off, walk, yoga or very light (non-impact) cardio.

Optional De-load week: the de-load week is a week that has a 30 - 50% reduction in weekly volume. Usually after a few week period of consistent training, this allows the body to optimally recover. Sometimes, life, health, time, etc. forces you to have an “unplanned” de-load week during the training cycle. This is why these de-load weeks are listed as optional.