



**2013 Yuengling Shamrock Sportsfest
Advanced Marathon Training Program**

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
10/29	Easy 3	4x800m	Easy 4	20 min Tp	Rest	Long 8	Easy 3 or CT
11/5	Easy 3	4x800m	Easy 4	25 min Tp	Rest	Long 10	Easy 3 or CT
11/12	Easy 3	4xhill	Pace 5	30 min Tp	Rest	Long 12	Easy 2 CT
11/19	Easy 3	30 min Tp	Easy 5	Turkey Trot	Rest	Long 8	Easy 3 or CT
11/26	Easy 3	5x800m	Pace 6	30 min Tp	Rest	Long 10	Easy 3 or CT
12/3	Easy 3	5xhill	Pace 7	35 min Tp	Rest	Surf n Santa 10 Miler* or Long 12	Easy 3 or CT
12/10	Easy 4	Pace 3	Easy 6	35 min Tp	Rest	Long 14	Easy 3 or CT
12/17	Easy 4	6x800m	Pace 8	35 min Tp	Rest	Long 12	Easy 3 or CT
12/24	Easy 4	6xhill	Pace 8	40 min Tp	Rest	Long 14	Easy 3 or CT
12/31	Easy 4	Pace 3	Easy 8	45 min Tp	Rest	Long 16 or 20K*	Easy 3 or CT
1/7	Easy 4	7x800m	Pace 9	40 min Tp	Rest	Long 18	Easy 4 or CT
1/14	Easy 4	7xhill	Pace 7	45 min Tp	Rest	Long 14	Easy 4 or CT
1/21	Easy 5	45 min Tp	Easy 6	Pace 7	Rest	Long 18 or 25K*	Easy 4 or CT
1/28	Easy 5	7x800m	Easy 10	30 min Tp	Rest	Long 20	Easy 4 or CT
2/4	Easy 5	2x1 mile	Pace 7	50 min Tp	Rest	VIFL 14K* or Long 14	Easy 4 or CT
2/11	Easy 5	8x800m	Pace 8	6 mi Tp	Rest	Long 18	Easy 5 or CT
2/18	Easy 5	4x1 mile	Pace 5	45 min Tp	Rest	Long 20 or 30K*	Easy 5 or CT
2/25	Easy 5	10x800m	Pace 6	35 min Tp	Rest	Long 12	Easy 5 or CT
3/4	Easy 4	30 min Tp	Easy 4	Pace 5	Rest	Long 8	Easy 5 or CT
3/11	4x400m	Pace 3	Rest	Rest	10-20 min easy	Rest	26.2 March 17, 2013

Notes:

- The 20 week training period begins October 29, 2012.

Schedule Explanations:

- Cross Training (CT):** Aerobic cross training is recommended for two primary reasons. First is to improve your aerobic base and overall fitness; and second is to loosen your running muscles and allow them to recover. Swimming, biking, walking and weight training are all good cross training activities. Aim for 30-60 minutes a week.

- 🌿 **Easy/Long Runs:** Should be 60-90 seconds slower per mile than your planned race pace. This is especially true for short, easy days as they are designed to give you a break to recover while still keeping your out on the roads. The benefits of running slower for your long runs are: (1) build endurance and time on your feet; (2) train your body to better burn fat stores, which it will not do efficiently if you are always at your anaerobic threshold
- 🌿 **Track Workouts (Tuesdays): 800 meter and 1 mile runs:** Should be run on a track (2 laps = 800m, 4 laps = 1 mi) or other accurately measured course. Primary purpose is to increase speed and turnover. Start with a ½ to 1 mile warm up. Then run each interval at approximately 5k pace (not a full-out sprint!) and walk or jog for 90 seconds between intervals. End with a ½ mile to 1 mile cool down.
- 🌿 **Hill Runs (Tuesdays):** Primary purpose is to build strength. Start with a ½ mile to full mile warm up at an easy pace. Find a hill 200-300 meters long (Mt. Trashmore and Ft. Story are two options). Run uphill at tempo pace and jog down. Finish with a ½ mile to mile cool down.
- 🌿 **Pace Runs (Wednesdays):** These should be run at your projected race pace. The idea is to practice that pace so you can both recognize it and be comfortable with it during the race. As with other runs, start and end with a ½ mile to 1 mile warm up and cool down at an easy pace.
- 🌿 **Tempo (Tp) Runs (Thursdays):** Should be run 15-30 seconds faster than your planned race pace, or about 10 seconds slower than your 10k pace. The idea is to use different muscle groups and build strength and speed. Two recommendations for tempo runs are: (1) Run a 10-15 minutes warm up and cool down with the middle miles at tempo pace; (2) warm up at an easy pace and then run several tempo segments throughout the remainder of the run. You can use the time (e.g. 5 min. faster/5 min. slower, etc), distance (e.g. ½ mile faster, ½ mile easy, etc), or landmarks (e.g. 3 telephone poles/4 houses, etc.). Always allow for a ½ mile to cool down.
- 🌿 **An occasional race** is a good way to experience the logistics, excitement, pacing, etc of race day before the actual marathon. This schedule is set up to accommodate the Surf n Santa 10 Miler*, the Tidewater Striders Distance Series (20K, 25K, 30K)*, and Virginia is for Lovers 14K* which are specifically designed to get runners ready for the marathon.