

“BEGINNING RUN” Marathon Training Program

The “Beginning Run” Program is best suited for those who have been running 3-4 times per week for 30-50 minutes each run, for at least 8 months. If you are running less consider the “Run-Walk” Program.

By Jenny Hadfield

DAY MODE	Monday Run	Tuesday Cross-Training +ST	Wednesday Run	Thursday Run +ST	Friday Cross-Training	Saturday Run-Endurance	Sunday Rest Day
INTENSITY I-RATE SYSTEM HEART RATE	Easy Pace 7 - 7.5 70-75%	Moderate 6-7 65-75%	Easy - Hard 70-80% 70-80%	Easy Pace 7 - 7.5 70-75%	Moderate 6-7 65-75%	Conversational Pace 6-7 65-75%	
Week 1	40 Minutes	30-40 minutes	40 Minutes	40 Minutes	30-40 minutes	5 Miles	Rest
Week 2	40 Minutes	30-40 minutes	40 Minutes	40 Minutes	30-40 minutes	6 Miles	Rest
Week 3	40 Minutes	30-40 minutes	40 Minutes	40 Minutes	30-40 minutes	7 Miles	Rest
Week 4	40 Minutes	30-40 minutes	45 Minutes	Rest	30-40 minutes	6 Miles	Rest
Week 5	45 Minutes	30-40 minutes	45 Minutes	40 Minutes	30-40 minutes	8 Miles	Rest
Week 6	45 Minutes	30-40 minutes	45 Minutes	40 Minutes	30-40 minutes	9 Miles	Rest
Week 7	45 Minutes	30-40 minutes	50 Minutes	Rest	30-40 minutes	6 Miles	Rest
Week 8	45 Minutes	30-40 minutes	50 Minutes	45 Minutes	30-40 minutes	10 Miles	Rest
Week 9	45 Minutes	30-40 minutes	50 Minutes	45 Minutes	30 minutes	12 Miles	Rest

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Week 10	40 Minutes	30-40 Minutes	60 Minutes	Rest	30-40 Minutes	7 Miles	Rest
Week 11	50 Minutes	30-40 Minutes	60 Minutes	45 Minutes	30 Minutes	14 Miles	Rest
Week 12	50 Minutes	30-40 Minutes	60 Minutes	45 Minutes	30-40 Minutes	8 Miles	Rest
Week 13	50 Minutes	40 Minutes	60 Minutes	45 Minutes	30 Minutes	16 Miles	Rest
Week 14	45 Minutes	40 Minutes	Rest	Rest	40 Minutes	8 Miles	Rest
Week 15	50 Minutes	40 Minutes	Tempo A	45 Minutes	30 Minutes	18 Miles	Rest
Week 16	45 Minutes	40 Minutes	Tempo A	45 Minutes	40 Minutes	8 Miles	Rest
Week 17	50 Minutes	40 Minutes	Tempo A	45 Minutes	30 Minutes	20 Miles	Rest
Week 18	45 Minutes	40 Minutes	Tempo B	40 Minutes	40 Minutes	10 Miles	Rest
Week 19	45 Minutes	30 Minutes	Tempo B	Rest	30 Minutes	6 Miles	Rest
Week 20	40 Minutes	Rest	30 Minutes	Rest	20 Minutes	Rest	Race Day!

Recovery Week 1	Rest	Cross-Train 20 min	Rest	Cross-Train 30 min	Rest	4 Miles	Rest
Recovery Week 2	40 Minutes	Cross-Train 30 min	Rest	40 Minutes	Cross-Train 30 min	5 Miles	Rest
Recovery Week 3	45 Minutes	Cross-Train 40 min	Rest	45 Minutes	Cross-Train 40 min	6 Miles	Rest
Recovery Week 4	50 Minutes	Cross-Train 40 min	Rest	50 Minutes	Cross-Train 40 min	7 Miles	Rest

Warm-up: Walking 5 minutes at an easy pace prior to every run workout to gradually increase circulation to working muscles, heart and breathing rates.

Cool-down: Walking 5 minutes at an easy pace after to every run workout to gradually bring heart rate and breathing back to normal levels.

Flexibility: Stretch after every workout when the muscles are warm to maintain or improve flexibility and prevent injuries.

Heart Rate: Using a heart monitor maintain a range between the prescribed percentages...65-75% of estimated maximum heart rate.

I-Rate: Rate of perceived exertion. Rate your level of intensity by how you feel, 1-10. 1 being at rest and 10- being an all out level. Use this system to stay in the smart training range listed on the training program (i.e. 6-7)

Cross-Training: Include activities that are non running or walking. Cycling, swimming, pilates/yoga, strength training, elliptical trainer, spinning are great cross training modes for marathon training. Cross-training allows you to rest your running muscles while training opposing muscle groups and reducing the risk of overtraining and injury. It helps speed recovery and reduces burnout.

Conversational Pace: Conversational pace should be at a slow, and comfortable-conversational pace. You should be at a pace where you can hold a conversation easily. Heart rate zone of 65-75% of maximum or I-Rate of 6-7.5.

Easy Pace: Easy to moderate pace at 70-75% of maximum heart rate or an iRate level of 7+. A pace you could go at for along time easily.

Moderate Pace: Moderate pace at 75-80% of maximum heart rate or an iRate level of 7-8. A pace where you can hear your breathing, but not breathing hard.

Endurance Run: The Endurance Run should be at a slow, and comfortable-conversational pace. You should be at a pace to hold a conversation easily. Heart rate zone of 65-75% of maximum or I-Rate of 6-7.

Tempo "A" Workout: Warm-up walking 5 minutes at a brisk pace. Run 10 minutes at an easy pace. Repeat 4 times: Run 5 minutes comfortably hard or Tempo pace at 80-85% heart rate or 8-8.5 on I-Rate Scale followed by 2 minutes easy paced running to recover. Cool down with 5 minutes easy paced running and 5 minutes walking.

Tempo "B" Workout: Warm-up walking 5 minutes at a brisk pace. Run 10 minutes at an easy pace. Repeat 2 times: Run 10 minutes comfortably hard or Tempo pace at 80-85% heart rate or 8-8.5 on I-Rate Scale followed by 2 minutes easy paced running to recover. Cool down with 5 minutes easy paced running and 5 minutes walking.



This training program was developed by Coach Jenny Hadfield, Health's Girls Gotta Move running coach. She has a bachelors degree in exercise physiology, a masters degree in exercise science and is a certified coach and personal trainer. Additional plans, tools and running information are available on her website: <http://www.jennyhadfield.com>.

