

## Moreton Bay Road Runners Sample Program - Beginners Marathon

Week	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.	Date
1	rest	easy	medium	easy	rest	x-train	long	...../...../.....
	0	5	5	5	0	1 hour	10	
2	rest	easy	medium	easy	rest	x-train	long	...../...../.....
	0	5	5	5	0	1 hour	11	
3	rest	easy	medium	easy	rest	x-train	long	...../...../.....
	0	5	7	5	0	1 hour	8	
4	rest	easy	medium	easy	rest	x-train	long	...../...../.....
	0	5	7	5	0	1 hour	15	
5	rest	easy	medium	easy	rest	x-train	long	...../...../.....
	0	5	8	5	0	1 hour	16	
6	rest	easy	medium	easy	rest	x-train	race	...../...../.....
	0	5	8	5	0	1 hour	16-24	
7	rest	easy	medium	easy	rest	x-train	long	...../...../.....
	0	5	10	5	0	1 hour	19	
8	rest	easy	medium	easy	rest	x-train	long	...../...../.....
	0	5	10	7	0	1 hour	21	
9	rest	easy	medium	easy	rest	x-train	long	...../...../.....
	0	5	11	7	0	1 hour	16	
10	rest	easy	medium	easy	rest	x-train	long	...../...../.....
	0	5	11	7	0	1 hour	24	
11	rest	easy	medium	easy	rest	x-train	long	...../...../.....
	0	7	13	7	0	1 hour	26	
12	rest	easy	medium	easy	rest	x-train	race	...../...../.....
	0	7	13	8	0	1 hour	32-42	
13	rest	easy	medium	easy	rest	x-train	long	...../...../.....
	0	7	15	8	0	1 hour	29	
14	rest	easy	medium	easy	rest	x-train	long	...../...../.....
	0	8	15	8	0	1 hour	23	
15	rest	easy	medium	easy	rest	x-train	long	...../...../.....
	0	8	16	8	0	1 hour	32	
16	rest	easy	medium	easy	rest	x-train	race	...../...../.....
	0	8	13	8	0	45 min.	10-K	
17	rest	easy	medium	easy	rest	x-train	long	...../...../.....
	0	7	10	7	0	30 min.	13	
18	rest	easy	easy	rest	rest	easy	<b>Marathon</b>	...../...../.....
	0	5	7	0	0	01-Mar	.....	

**Note:** Just a reminder, tempo runs are workouts that include 20 to 30 minutes of up-paced running in the middle of the workout; you do not run all your kilometres at tempo pace on these days. Also, note the scheduled 'setbacks' every thirdweek, in which the long run is shortened to allow extra recovery.

**TIPS for training at end of these three Programs.**

## Moreton Bay Road Runners Intermediate Marathon Training

Week	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.	Date
1	x-train	easy	tempo	easy	rest	pace	long	...../...../.....
	1 hour	5	8	5	0	8	16	
2	x-train	easy	tempo	easy	rest	pace	long	...../...../.....
	1 hour	5	8	5	0	8	18	
3	x-train	easy	tempo	easy	rest	easy	long	...../...../.....
	1 hour	5	10	5	0	10	13	
4	x-train	easy	tempo	easy	rest	pace	long	...../...../.....
	1 hour	5	10	5	0	10	21	
5	x-train	easy	tempo	easy	rest	pace	long	...../...../.....
	1 hour	5	11	5	0	11	23	
6	x-train	easy	tempo	easy	rest	easy	race	...../...../.....
	1 hour	5	11	5	0	11	16-24	
7	x-train	easy	tempo	easy	rest	pace	long	...../...../.....
	1 hour	5	13	5	0	13	26	
8	x-train	easy	tempo	easy	rest	pace	long	...../...../.....
	1 hour	7	13	7	0	13	27	
9	x-train	easy	tempo	easy	rest	easy	long	...../...../.....
	1 hour	7	15	7	0	15	19	
10	x-train	easy	tempo	easy	rest	pace	long	...../...../.....
	1 hour	7	15	7	0	15	31	
11	x-train	easy	tempo	easy	rest	pace	long	...../...../.....
	1 hour	7	16	7	0	16	32	
12	x-train	easy	tempo	easy	rest	easy	race	...../...../.....
	1 hour	8	10	8	0	10	32-42	
13	x-train	easy	tempo	easy	rest	pace	long	...../...../.....
	1 hour	8	16	8	0	16	32	
14	x-train	easy	tempo	easy	rest	easy	long	...../...../.....
	1 hour	8	10	8	0	10	19	
15	x-train	easy	tempo	easy	rest	pace	long	...../...../.....
	1 hour	8	16	8	0	16	32	
16	x-train	easy	tempo	easy	rest	easy	race	...../...../.....
	1 hour	8	13	8	0	7	10-K	
17	x-train	easy	tempo	easy	rest	easy	long	...../...../.....
	45 min.	7	10	7	0	7	13	
18	x-train	easy	tempo	rest	rest	easy	<b>Marathon</b>	...../...../.....
	30 min.	5	7	0	0	Jog	...../...../.....	

**Note:** Just a reminder, tempo runs are workouts that include 20 to 30 minutes of up-paced running in the middle of the workout; you do not run all your kilometres at tempo pace on these days. Also, note the scheduled 'setbacks' every thirdweek, in which the long run is shortened to allow extra recovery.

## Moreton Bay Road Runners Advanced Marathon Training

Week	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.	Date
1	easy	tempo	easy	speed-		easy pace	long	...../...../.....
	5	8	5	work	5	8	16	
2	easy	tempo	easy	speed-		easy pace	long	...../...../.....
	5	8	5	work	5	8	18	
3	easy	tempo	easy	speed-		easy pace	long	...../...../.....
	5	7	5	work	5	10	13	
4	easy	tempo	easy	speed-		easy pace	long	...../...../.....
	5	10	5	work	5	10	21	
5	easy	tempo	easy	speed-		easy pace	long	...../...../.....
	5	11	5	work	5	11	13	
6	easy	tempo	easy	speed-		easy rest	race	...../...../.....
	5	8	5	work	5	0	16-24	
7	easy	tempo	easy	speed-		easy pace	long	...../...../.....
	5	13	5	work	5	13	26	
8	easy	tempo	easy	speed-		easy pace	long	...../...../.....
	7	13	7	work	7	13	27	
9	easy	tempo	easy	speed-		easy pace	long	...../...../.....
	7	10	7	work	7	15	19	
10	easy	tempo	easy	speed-		easy pace	long	...../...../.....
	7	15	7	work	7	15	31	
11	easy	tempo	easy	speed-		rest pace	long	...../...../.....
	7	16	7	work	0	16	32	
12	easy	tempo	easy	speed-		easy rest	race	...../...../.....
	8	10	8	work	8	0	32-42	
13	easy	tempo	easy	speed-		rest pace	long	...../...../.....
	8	16	8	work	0	16	32	
14	easy	tempo	easy	speed-		easy pace	long	...../...../.....
	8	10	8	work	8	10	19	
15	easy	tempo	easy	speed-		rest pace	long	...../...../.....
	8	16	8	work	0	16	32	
16	easy	tempo	easy	speed-		easy rest	race	...../...../.....
	8	13	8	work	7	0	10-K	
17	easy	tempo	easy	easy		easy pace	long	...../...../.....
	7	10	7	speed	5	8	13	
18	easy	tempo	easy	rest	rest	easy	<b>Marathon</b>	...../...../.....
	5	7	5	0	0	Jog	.....	

**Note:** Just a reminder, **tempo** runs are workouts that include 20 to 30 minutes of up-paced running in the middle of the workout; you do not run all your kilometres at tempo pace on these days. Also, note the scheduled 'setbacks' every thirdweek, in which the long run is shortened to allow extra recovery.

**Speed:** Repeats of 400 meters to 1600 meters at your 5-K race pace. You should run your repeats on a 400-meter track, a grassy field, a smooth path, or a traffic-free stretch of road. Between repeats, jog half the distance covered during the repeat. Repeat day distances include warmup, cooldown, and recovery kilometres.

# Marathon tips for Moreton Bay Road Runners

These tips taken from the *Runners World* website compiled by Muz March 2003

Running a marathon doesn't have to be a painful and frustrating experience. In the decade and a half that has passed since the marathon boom in the late 1970s, a body of knowledge has emerged concerning how to train for a marathon, how to ensure that the completion of that marathon will be a joyful—rather than painful—experience and how to strive for peak performance with a reasonable chance of success.

Dozens of training experts around the country have gradually assembled that knowledge and are using it to lead marathon training programs that help runners prepare for a successful and enjoyable experience. In preparing for the training course I teach for The LaSalle Banks Chicago Marathon, I've talked to many of these marathon coaches, including Bob Williams, who works with both advanced and beginning runners as they prepare for the Portland Marathon in Oregon; Robert Vaughan of Dallas, Texas, an exercise scientist and coach of elite runners; and Jack Scaff, M.D., a cardiologist who founded the Honolulu Marathon Clinic in 1974, through which thousands of runners are trained every year.

These coaches know their stuff, and their programs are helping thousands of runners nationwide cross the marathon finish line. I've analyzed their training plans and extracted 11 essential "truths" crucial to the success of any marathon program. Then I incorporated these truths into an 18-week plan. It's here for you to try, and we believe it will help you run a great marathon from start to finish. (For even more detailed, day-by-day training directions, visit my web site at: <http://www.halhigdon.com>.)

How much background should you have as a runner before attempting marathon training? I suggest that you need to have been running for about a year and be able to cover 25 to 40 kilometres a week comfortably. It also helps if you've run one or two 5 km races and enjoyed the experience.

Once you've decided to move up to the ultimate challenge—the marathon—choose one that will allow you 18 weeks to train; that's the length of my program. Here are all the elements of that program.

## **Truth #1: Long Runs Get You to the Finish Line**

The long run is the most important element of marathon training because it prepares you physically and mentally for the 42 kilometre distance. However, you don't want to jump right into a 32 kilometre run in the first week of training. You need to increase the distance progressively throughout your marathon preparation.

In the first week of the program, beginning runners should start with a long run of 10 kilometres, then add 1.5 - 2 kilometres to that run every week, reaching 32 kilometres (the longest long run) three weeks before the marathon.

Intermediate and advanced runners who can run 56 to 64 kilometres a week may begin with a long run of 16 kilometres, also adding a kilometre a week. These runners will reach 32 kilometres in the 11th week of their training schedule, and will do a couple more 32 kilometres during the remainder of their program.

Schedule your long runs on the day of the week that you have the most free time—Saturdays or Sundays for most people.

## **Truth #2: Rest Days Keep You Healthy**

Rest days are the second most important part of marathon training—they are essential to staying healthy. The mileage buildup required to run a good marathon creates stress. And while you need to stress your body in order to prepare it for the rigors of running the marathon, you don't want to overdo it.

"The whole purpose of training is to break the body down so it will rebuild itself stronger than before," confirms Dr. Scaff. "It's when you fail to allow time for the rebuilding phase that problems occur."

The musculoskeletal system generally requires 48 hours to recover after hard work. Failure to allow your body time to recover can result in fatigue, muscle injuries, stress fractures or upper-respiratory illness—all of which can hinder your training and ultimately limit performance.

For novices, I recommend two nonconsecutive days a week of complete rest—not days on which you jog easily or cross-train, but days when you don't work out at all. The best strategy is to bracket the weekend with rest days on Friday and Monday (assuming you are running long during the weekend). If you need a third rest day midweek, take it.

Intermediate and advanced runners may want to do some jogging or stretching on one or both of the rest days or weave in some cross-training. But don't run hard. Even elite athletes must take rest days.

## **Truth #3: Cross-Training Lets You Work While You Rest**

You can rest and work out at the same time by cross-training. This gives you a break from the pounding of running while you continue to train aerobically. Cycling and swimming are excellent cross-training activities, and you can add some stretching and strength training, too.

Schedule a cross-training session on the weekend, on the day that you are not doing your long run. Keep your effort in this workout moderate so that you don't compromise your long run.

## **Truth #4: Pace Work Is Critical to Race Success**

"Anybody can run 42 kilometres if he runs the right pace," says Vaughan. "If you try to run too fast, you'll crash. If you run slowly enough at the start, you'll make it." Whether your pace is 4 minute / km or 6 minute / kilometre, you need to know how that pace feels to achieve it.

One way to fine-tune your pace is to do some training at marathon race pace. Picking that pace, however, takes skill. Vaughan offers two formulas for predicting your marathon time. Either multiply your best recent 10-K time by 4.65, or multiply your half-marathon time by 2 and add 10 percent of that total.

## **Truth #5: Speed Training Can Help You To A PR**

If you're a first-time marathoner, you don't need to do any speed training. Building up your kilometres and running long runs is enough of a stress to your body; adding speedwork, which is a different physical stress, may lead to injury.

However, when you're beyond your first marathon or if you've reached a plateau in your performance and want to improve, speed training can provide that "something extra" that helps you to a breakthrough. Once a week, schedule an interval workout, hill repeats or fartlek.

It's also a good idea to do a tempo run once a week. This is a run during the middle of which you run 20 to 30 minutes at a little faster than marathon race pace—fast enough so that you are

breathing somewhat harder than during a regular training run but not getting out of breath. Advanced runners can schedule a tempo run on Tuesday and speed training on Thursday with an easy day of running in between.

### **Truth #6: Just Plain Running Days Are The Staple of Your Program**

Yes, there's still room in your training for days of just plain running. One day a week, do a run that's approximately half the distance of your long run for that week, and run it at the same pace you would your long run.

Beginners should schedule this in the middle of the week (I've chosen Wednesday). Reserve the day before and the day after this medium-long workout for easy runs covering short distances. If you want to do some extra stretching or strength training, schedule it on these easy days. Intermediate and advanced runners also need to reserve a few days for easy runs; schedule them in between your hard workouts-the long run, tempo run and speedwork.

### **Truth #7: Weekly kilometres Doesn't Have to Be Megakilometres**

Total weekly kilometres for novice runners should be about double the length of the long run. For example, in a week when your long run is 24 kilometres, your total kilometres should be about 48 kilometres. Intermediate and advanced runners will, of course, have a higher weekly total, but it should not exceed triple the length of the long run (such as 73 kilometres, given a long run of 24).

Running more than this can lead to overtraining, signs of which include fatigue, "dead" legs and a lack of enjoyment of running. If you notice these symptoms, you may want to take a few days of rest and then resume your training plan.

### **Truth #8: Stepbacks Help You Step Up Your Training**

Taking rest days is not enough to guard against the dangers of overtraining. Most successful marathon programs also include rest weeks. No, this doesn't mean you take a week off (although if you need to for some reason, that's okay, too). During a rest week, you cut back on your weekend long run.

Once every third week, cut the distance of your long run by approximately one-third. If your schedule calls for an 13 kilometre long run, cut it back to 5. The following week, resume your progression by doing 15 kilometres on your long run.

Even advanced runners need to step back every few weeks for a physical and mental break from the intensity of marathon training. During these weeks, you'll relax and store your strength for a push ahead to the next level of training.

### **Truth #9: Racing Builds Experience**

Doing some racing during your marathon preparation is particularly important for novice runners. "Running occasional races will help you get used to the race experience: how to warm up, what it feels like running in a crowd, how to take liquids, when and what to eat before and after, whether or not your shoes will cause blisters," says Vaughan. "It's always best to make your mistakes in less important races so that you won't make any on marathon day."

Like most coaches, Vaughan warns against racing too often during the marathon buildup period. "Once every third or fourth week seems to be the limit," he says, "otherwise you risk tearing yourself down."

Try to schedule one of these races-a 10-K-two weeks before your marathon. From this race effort, you'll have a good sense of your level of readiness for the marathon and should be able to estimate your marathon pace.

At earlier points in your training schedule, you might want to try other distances: 5 km, 15 km, 15 km or the half-marathon. On the weeks that you race, cut back on your kilometres and eliminate your long run.

### **Truth #10: The Taper is the Time to Recover and Refuel for Peak Performance**

"Too many runners want to train right up to the marathon," says Al Dimicco, who since 1984 has directed a training clinic for the Vulcan Marathon in Birmingham, Alabama, "but you need to let your body recover after all the hard training." Dimicco recommends a 50 percent cutback in kilometres during the last two weeks, with very little running the final two or three days. This rest not only permits any damaged muscles to heal but also promotes maximum glycogen storage within your muscles.

Though kilometres drops during the taper, the speed at which you run that kilometres should not. The taper period is a good time to practice marathon race pace but at much shorter distances. One way to cut mileage is to convert "easy" days into days of complete rest. You may want to run some the day before the marathon to reduce nervousness and loosen up, but a few easy miles is the most you should do. The next day you'll arrive at the starting line rested and ready to go.

### **Truth #11: Motivation Holds It All Together**

Bill Wenmark of Minnesota has coached more than a thousand runners to finish the Twin Cities and Grandma's Marathons. Described as someone who "could motivate a penguin to fly," he takes no credit for supplying motivation to the marathoners he coaches. "The motivation has to come from within," he says. He feels that people sometimes underestimate the effort required to go 42 kilometres. "***Finishing a marathon requires courage, perseverance and commitment***", Wenmark says.

"If running marathons were easy, everybody would be doing it, but they're not," he adds. "You've got to be committed to your training. If you're not focused on success, you won't be successful. You'll never succeed if you're not willing to prepare. If you want to succeed in the marathon, you need to be ready to pay the price."

Say what you will about it, but running 42 kilometres is one activity in which you get what you pay for. Runners willing to train properly and thoroughly will find that the marathon can be an experience that provides much more joy than pain.

### **Glossary of Training Terms and Symbols**

- **R:** Rest day. Do no running or other strenuous physical activity.
- **EZ:** An easy or recovery run done at a comfortable pace.
- **XT:** Cross training that can include any one of a number of low-impact sports (i.e. bicycling, swimming, hiking, exercise machines, weight training) that burn calories and provide cardiovascular benefits while giving you a physical and mental break from running.
- **LSD:** Long slow distance runs of 1 to 3 hours in duration. These runs may include brief breaks for walking, stretching, rehydration, and bathroom visits. Beginners often cover these runs at their goal marathon pace. Intermediate and Advanced runners often start at a pace slower than their goal marathon pace, and finish at slightly faster than goal marathon pace.
- **T:** Tempo runs of 15-25 minutes at a pace that's 8-15 seconds slower per kilometre than your 10 km race pace. Warmup and cooldown distances are included in daily kilometres.
- **RE:** Repeats of 400 meters to 1600 meters at your 5-K race pace. You should run your repeats on a 400-meter track, a grassy field, a smooth path, or a traffic-free stretch of road. Between repeats, jog half the distance covered during the repeat. Repeat day distances include warmup, cooldown, and recovery km s.
- **RACE:** Occasional racing improves your fitness and accustoms you to the stresses of racing.