



# FULL MARATHON OFFICIAL TRAINING 2019

## ADVANCED RUNNER/WALKER



WEEK	DATES	MON	TUE	WED	THU	FRI	SAT	SUN
1	APRIL 29 - MAY 5	3 MILES Easy	STRENGTH & CORE	4 MILES Easy	3 MILES Hard	REST	30 MIN Long	REST
2	MAY 6 - MAY 12	3 MILES Easy	STRENGTH & CORE	4 MILES Easy	3 MILES Hard	REST	35 MIN Long	REST
3	MAY 13 - MAY 19	3 MILES Easy	STRENGTH & CORE	4 MILES Easy	3 MILES Hard	REST	40 MIN Long	REST
4	MAY 20 - MAY 26	3 MILES Easy	STRENGTH & CORE	4 MILES Easy	4 MILES Hard	REST	45 MIN Long	REST
5	MAY 27 - JUNE 2	3 MILES Easy	STRENGTH & CORE	5 MILES Easy	4 MILES Hard	REST	50 MIN Long	REST
6	JUNE 3 - JUNE 9	3 MILES Easy	STRENGTH & CORE	6 MILES Easy	5 MILES Hard	REST	55 MIN Long	REST
7	JUNE 10 - JUNE 16	3 MILES Easy	STRENGTH & CORE	4 MILES Easy	5 MILES Hard	REST	60 MIN Long	REST

WEEK	DATES	MON	TUE	WED	THU	FRI	SAT	SUN
1	JUNE 17 - JUNE 23	3 MILES Easy	3 MILES Easy	STRENGTH & CORE	4 MILES Hard	REST	5 MILES Long	CROSS TRAINING
2	JUNE 24 - JUNE 30	3 MILES Easy	3 MILES Easy	STRENGTH & CORE	4 MILES Hard	REST	6 MILES Long	CROSS TRAINING
3	JULY 1 - JULY 7	3 MILES Easy	4 MILES Easy	STRENGTH & CORE	10 MIN WU - 3X1 MILE @ 10K PACE 4M REST BETWEEN/CD	REST	6 MILES Long	CROSS TRAINING
4	JULY 8 - JULY 14	3 MILES Easy	4 MILES Easy	STRENGTH & CORE	10 MIN WU - 4X1 MILE @ 10K PACE 4M REST BETWEEN/CD	3 MILES Easy	8 MILES Long	CROSS TRAINING
5	JULY 15 - JULY 21	3 MILES Easy	5 MILES Easy	STRENGTH & CORE	10 MIN WU - 5X1 MILE @ 10K PACE 4M REST BETWEEN/CD	3 MILES Easy	10 MILES Long	CROSS TRAINING
6	JULY 22 - JULY 28	3 MILES Easy	5 MILES Easy	STRENGTH & CORE	10 MIN WU - 3X2 MILE @ HM PACE 6M REST BETWEEN/CD	3 MILES Easy	7 MILES Long	CROSS TRAINING
7	JULY 29 - AUG 4	3 MILES Easy	6 MILES Easy	STRENGTH & CORE	10 MIN WU - 8X1/2 MILE @ 5K PACE 4M REST BETWEEN/CD	3 MILES Easy	12 MILES Long	CROSS TRAINING
8	AUG 5 - AUG 11	3 MILES Easy	6 MILES Easy	STRENGTH & CORE	5 MILES Hard	REST	HALF MARATHON 13.1 MILES	REST
9	AUG 12 - AUG 18	3 MILES Easy	7 MILES Easy	STRENGTH & CORE	10 MIN WU - 4X1 MILE @ 10K PACE 4M REST BETWEEN/CD	3 MILES Easy	10 MILES Long	CROSS TRAINING
10	AUG 19 - AUG 25	3 MILES Easy	7 MILES Easy	STRENGTH & CORE	10 MIN WU - 5X1 MILE @ 10K PACE 4M REST BETWEEN/CD	3 MILES Easy	15 MILES Long	CROSS TRAINING
11	AUG 26 - SEPT 1	4 MILES Easy	8 MILES Easy	STRENGTH & CORE	5 MILES Hard	3 MILES Easy	16 MILES Long	CROSS TRAINING
12	SEPT 2 - SEPT 8	4 MILES Easy	8 MILES Easy	STRENGTH & CORE	10 MIN WU - 6X1 MILE @ 10K PACE 4M REST BETWEEN/CD	4 MILES Easy	12 MILES Long	CROSS TRAINING
13	SEPT 9 - SEPT 15	5 MILES Easy	9 MILES Easy	STRENGTH & CORE	3 MILES Hard	4 MILES Easy	17 MILES Long	REST
14	SEPT 16 - SEPT 22	5 MILES Easy	9 MILES Easy	STRENGTH & CORE	5 MILES Hard	4 MILES Easy	14 MILES Long	CROSS TRAINING
15	SEPT 23 - SEPT 29	5 MILES Easy	10 MILES Easy	REST	5 MILES Easy	2 MILES Easy	20 MILES Long	REST
16	SEPT 30 - OCT 6	5 MILES Easy	8 MILES Easy	STRENGTH & CORE	4 MILES Hard	4 MILES Easy	12 MILES Long	CROSS TRAINING
17	OCT 7 - OCT 13	4 MILES Easy	6 MILES Easy	STRENGTH & CORE	4 MILES Hard	4 MILES Easy	8 MILES Long	REST
18	OCT 14 - OCT 20	4 MILES Easy	4 MILES Easy	5 MILES Easy	4 MILES Easy	2 MILES Easy	REST	RACE DAY!

## TRAINING FOR SUCCESS

**EASY TRAINING** Running at a relaxed pace, without breathing hard. You should be able to easily carry on a conversation.

**LONG TRAINING** Longer distance at a slower pace, typically one to two minutes per mile slower than your goal race pace.

**HARD TRAINING** Challenge yourself. Tempo, Hills or Intervals.

**TEMPO** Warm-up one mile easy, middle 30-60 seconds per mile faster than goal race pace, cool-down one mile easy.

**HILLS** A hillier course increase your strength and speed without extra miles.

**INTERVALS** Increase strength and improve form. Start by doing one mile warm up, then run each interval 60-90 seconds per mile faster than your goal race pace, resting half to full time of interval.

**STRENGTH & CORE** Prevent injuries and improve form leading to improved running efficiency.

**CROSS TRAINING** Aerobic exercises other than running. Improve your fitness while giving your "running" muscles a rest.

## THINGS TO THINK ABOUT

**PROPER SHOES** Everyone is made differently. Make sure that you have been fitted for running shoes that are right for you. Come to Running Lab for your custom fit process.

**ACCESSORIES AND APPAREL** Well-made and properly fitting apparel is key to improving your experience. The wrong sock and apparel can cause slipping, rubbing and blistering.

**HYDRATION** Have a plan to stay hydrated. Wear a belt, hold something in your hand or drop water on your route.

**NUTRITION** You wouldn't fill your gas tank with trash, why would you fill your body with it? Proper nutrition will help to keep your muscles strong and your energy high, giving you the fuel you need to feel great when you train and race.

## CALENDAR OF EVENTS

### APRIL

27 //

Season Kick Off

29 //

First Day of Base Training

### JUNE

17 //

First Day of Official Training

22 //

First Saturday Group Run\*

### SEPTEMBER

21 //

12/20 Miler

**REST** Let your muscles recover and rebuild.

**GOAL RACE PACE** The pace you plan to run on race day.

**RUN 2/WALK 1** Run for two minutes, walk for 1 minute, repeat for a total of 10 minutes

**WU** Warm Up warm up 1 – 2 minutes slower than 10K pace

**CD** Cool Down cool down 1 – 2 minutes slower than 10K pace

**5X1 MILE @ 10K PACE WITH A 4MIN REST BETWEEN EACH MILE**

**DETERMINING YOUR RACE PACE** Warm up ½ mile at easy pace, run 1 mile moderate to hard timed, cool down ½ mile easy pace

**Example** (if your timed mile was 9 minutes):

5K (9:00 min mile + 33 seconds) = 9:33 minute mile pace

10K (9:00 min mile x 1.15) = 10:35 minute mile pace

½ marathon (9:00 min mile x 1.2) = 11:20 minute mile pace

Marathon (9:00 min mile x 1.3) = 12:10 minute mile pace

**GOOD FORM RUNNING (GFR)** Four steps to run faster, easier and reduce injury. Posture (tight core with glute engagement), proper foot strike (landing mid-foot), Cadence (running 180 steps per minute), Lean (use gravity to your advantage). Sign up for a class at [runninglabstore.com](http://runninglabstore.com).

**INJURY PREVENTION** Don't run through the pain. Listen to your body and talk to an expert. Two days off now is better than two months off because of injury. Check out the calendar of events for free injury screenings at Running Lab.

### OCTOBER

17 //

Team Dinner & Commissioning

18-19 //

Detroit Marathon Expo/Race Packet Pick-Up

19 //

5K and Kids' Fun Run

20 //

International Half Marathon and Full Marathon

\*Runners and Walkers