LOVE RUNS DETROIT

FULL MARATHON OFFICIAL TRAINING 2023
ADVANCED RUNNER/WALKER

WEEK	DATES	MON	TUE	WED	THU	FRI	SAT	SUN
1	JUNE 12 - JUNE 18	3 MILES Easy	3 MILES Easy	STRENGTH & CORE	4 MILES Hard	REST	5 MILES Long	CROSS TRAINING
2	JUNE 19 - JUNE 25	3 MILES Easy	3 MILES Easy	STRENGTH & CORE	4 MILES Hard	REST	6 MILES Long	CROSS TRAINING
3	JUNE 26 - JULY 2	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 3 - JULY 9	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 10 - JULY 16	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 17 - JULY 23	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 24 - JULY 30	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	JULY 31 - AUG 6	3 MILES Easy	6 MILES Easy	STRENGTH & CORE	5 MILES Hard	REST	HALF MARATHON 13.1 MILES	REST
9	AUG 7 - AUG 13	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 14 - AUG 20	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 21 - AUG 27	4 MILES Easy	8 MILES Easy	STRENGTH & CORE	5 MILES Hard	3 MILES Easy	16 MILES Long	CROSS TRAINING
12	AUG 28 - SEPT 3	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 4 - SEPT 10	5 MILES Easy	9 MILES Easy	STRENGTH & CORE	3 MILES Hard	4 MILES Easy	17 MILES Long	REST
14	SEPT 11 - SEPT 17	5 MILES Easy	9 MILES Easy	STRENGTH & CORE	5 MILES Hard	4 MILES Easy	14 MILES Long	CROSS TRAINING
15	SEPT 18 - SEPT 24	5 MILES Easy	10 MILES Easy	REST	5 MILES Easy	2 MILES Easy	20 MILES Long	REST
16	SEPT 25 - OCT 1	5 MILES Easy	8 MILES Easy	STRENGTH & CORE	4 MILES Hard	4 MILES Easy	12 MILES Long	CROSS TRAINING
17	OCT 2 - OCT 8	4 MILES Easy	6 MILES Easy	STRENGTH & CORE	4 MILES Hard	4 MILES Easy	8 MILES Long	REST
18	OCT 9 - OCT 15	4 MILES Easy	4 MILES Easy	5 MILES Easy	4 MILES Easy	2 MILES Easy	REST	RACE DAY!

CALENDAR OF EVENTS

JUNE
12 // First Day of Official Training
17 // 1st Saturday Group Run

AUGUST
21 // 5K Training Starts

SEPTEMBER
23 // 12/20 Miler

OCTOBER
12 // Team Dinner and Commissioning
13-14 // Detroit Marathon Expo/Race Packet Pick-Up
14 // 5K and Kids' Fun Run
15 // Half Marathon and Full Marathon

Facebook.com/Groups/NRCRidgeRunners

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.

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

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.

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**.

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.

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RunningLab

NORTHRIDGE