

11 Week Marathon Training Program

WEEK 1 (40- 48 Miles) FEBRUARY 3 - FEBRUARY 9

Monday- Rest Day - 0 to 3 miles

Tuesday - easy 5-6 miles easy

Wednesday-Long or short track workout

Thursday easy 6-7 miles

Friday Rest Day -

Saturday Distance - tempo run within 10 mile run. 20 min easy, 20 min tempo @ 70% effort, 10 min easy , 10 min tempo @ 75% effort, 20 min cool down

Sunday Long run 13-15 miles steady pace

WEEK 2 (41-52 miles-) FEBRUARY 10 - FEBRUARY 16

Monday Rest Day - 0 to 3 miles

Tuesday Easy 5-6 miles easy

Wednesday long or short track session

Thursday Easy 6-7 miles

Friday 8-10 mile run with light fartlek of 4x 3 min at tempo run pace or 1/2 marathon pace with 3 min rest jog between each effort

Saturday easy 0-3 miles

Sunday Long Distance - 15 to 17 miles, with last 6 miles slightly faster than marathon pace, first 9-11 relaxed and easy pace

WEEK 3 (38-52 MILES) FEBRUARY 17 - FEBRUARY 23

Monday Rest Day - 0 to 3 miles

Tuesday Interval - 5-6 miles easy

Wednesday Track workout (long or short)

Thursday Easy 6-7 miles

Friday 7-9 mile run, with a Tempo run of 3 x 10 min, each 10 min effort to be run at 1/2 marathon pace or slightly faster than marathon pace, 5 min easy between each effort, 15 min warmup, 20 min cool down

Saturday Distance - 0- 3 rest day

Sunday Long run 13- 16 miles

WEEK 4 (44-54 miles) FEBRUARY 24 - MARCH 2

Monday Rest Day - 0 to 3 miles

Tuesday Easy 5-6 miles steady

Wednesday long or short track workout

Thursday easy 7-9 miles

Friday Easy 5-6 miles

Saturday Rest 0-3 miles

Sunday Long Distance - 18 to 20 miles, with miles 8 to 12 at marathon pace

WEEK 5(43-55 MILES) MARCH 3 - MARCH 9

Monday Rest Day - 0 to 4 miles

Tuesday Easy 5-6 miles steady

Wednesday long or short track workout

Thursday easy recovery run 5-7 miles

Friday Easy 3-5 miles

Saturday Fartlek run within 8-10 miles, easy 20 min, 10x 1 min @ 80% or 10 k pace with 1 min easy between each, cool down

Sunday Long Distance - 16-18 miles, easy, steady pace

WEEK 6(40-50 MILES) MARCH 10 - MARCH 16

Monday Rest Day - 0 to 3 miles

Tuesday easy 5-6 miles steady

Wednesday long or short track workout

Thursday easy 3-5 miles

Friday Light tempo in 6 mile run, run 3 middle miles @ 75% or half marathon pace

Saturday rest day 0-3 miles

Sunday Long Distance - 19 to 21 miles, running miles 9 through 12 at marathon pace or slightly faster

WEEK 7(37-49 MILES) MARCH 17 - MARCH 23

Monday Rest Day - 0 to 3 miles

Tuesday 5-6 miles easy steady

Wednesday long or short track workout

Thursday easy 0-3 miles

Friday tempo run within 8 mile run, 20 min easy, 2x 10 min@ 75%with 5 min easy between, 20 min easy

Saturday 3-5 miles easy

Sunday Long Distance - 15 to 18 miles, running middle 5 miles at marathon pace

WEEK 8(43-56 MILES) MARCH 24 - MARCH 30

Monday Rest Day - 0 to 3 miles

Tuesday 5-6 miles steady

Wednesday Long or short track workout

Thursday 8-10 miles easy

Friday Distance - 4 to 7 miles

Saturday Tempo - 6 to 8 miles, with 1 x 15 minutes, and 1 x 10 minutes in the middle at marathon pace, 5 minutes recovery.

Sunday Long Distance - 14 to 16 easy, long run

WEEK 9(40-54 MILES) MARCH 31 - APRIL 6

Monday Rest Day - 0 to 4 miles

Tuesday Interval - 5-6 miles steady

Wednesday Long or short track workout

Thursday 4-6 miles easy

Friday Tempo run within a 7-9 mile run, easy 20 min, tempo @75% for 25 min, easy cool down 20 min

Saturday Distance - 5 to 8 miles

Sunday Long Distance - 12 to 14 miles

WEEK 10(36- 47 miles) APRIL 7 - APRIL 13

Monday Rest Day - 0 to 3 miles

Tuesday Easy 5-6 miles steady

Wednesday track or fartlek

Thursday 4-6 miles

Friday Tempo - 6 to 8 miles, with 1 x 20 min at 1/2 marathon pace
Saturday Distance - 4 to 6 miles
Sunday 10 miles, easy pace

WEEK 11(40-50 MILES for 8 day week) APRIL 14 - APRIL 21

Monday Rest Day - 0 to 3 miles

Tuesday Interval - 6 to 10 miles with 5 x 4 min @ 1/2 marathon pace with 3 min jog between each effort

Wednesday Distance - 4 to 6 miles

Thursday Tempo - 4 to 6 miles 1/2 marathon pace

Friday Distance - 3 to 5 miles

Saturday Distance - 2 to 4 miles

Sunday Rest Day - 0 to 3 miles

Monday Boston Marathon. Have fun!