



Run for water.

Team Living Water Marathon Training Program

NOVICE – “this is your first attempt, you will do great!”

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday “long runs”
Week 1	Crosstrain	Rest	3 miles	3 miles	3 miles	Rest	6 miles
Week 2	Crosstrain	Rest	3 miles	3 miles	3 miles	Rest	7 miles
Week 3	Crosstrain	Rest	3 miles	4 miles	3 miles	Rest	5 miles
Week 4	Crosstrain	Rest	3 miles	4 miles	3 miles	Rest	9 miles
Week 5	Crosstrain	Rest	3 miles	5 miles	3 miles	Rest	10 miles
Week 6	Crosstrain	Rest	3 miles	5 miles	3 miles	Rest	7 miles
Week 7	Crosstrain	Rest	3 miles	6 miles	3 miles	Rest	12 miles
Week 8	Crosstrain	Rest	3 miles	6 miles	3 miles	Rest	13 miles
Week 9	Crosstrain	Rest	3 miles	7 miles	4 miles	Rest	10 miles
Week 10	Crosstrain	Rest	3 miles	7 miles	4 miles	Rest	15 miles
Week 11	Crosstrain	Rest	3 miles	8 miles	4 miles	Rest	16 miles
Week 12	Crosstrain	Rest	4 miles	8 miles	5 miles	Rest	12 miles
Week 13	Crosstrain	Rest	4 miles	9 miles	5 miles	Rest	18 miles
Week 14	Crosstrain	Rest	5 miles	9 miles	5 miles	Rest	14 miles
Week 15	Crosstrain	Rest	5 miles	10 miles	5 miles	Rest	20 miles
Week 16	Crosstrain	Rest	5 miles	8 miles	4 miles	Rest	12 miles
Week 17	Crosstrain	Rest	4 miles	6 miles	3 miles	Rest	8 miles
Week 18	Crosstrain	Rest	3 miles	4 miles	2 miles	<u>Rest</u>	<u>Rest</u>
Week 19	RACE						

Team Living Water Marathon Training Program Explanations

Most of us tend to get into a slump with our running/training. We go out and run the same pace all the time. But follow this plan and you'll be amazed at the results of varying your pace for each workout. Even if your goal isn't to get fast, being more intentional with your workouts will help you feel better when you run, make your long runs easier, and keep you from getting bored!

To put it simply: On hard days, go hard. On easy days, go easy.

Goal Race Pace: Your goal race pace is the speed at which you want to complete the marathon. The Saturday before this training program begins, complete a 5k test by running 3.1 miles as fast as you can at an even pace. Then use the 5k test chart to determine your goal race pace. This pace will help you determine how fast you should be running on each of your training days.

Mondays: Rest and recovery are important! Take the day off and relax.

Tuesdays: Easy Runs. Done at a pace that is comfortable. You should be at a pace that would allow to you hold a two-way conversation. But not so comfortable that you could do a monologue.

Wednesdays: Tempo Runs. Tempo runs are hard runs. Warm up, and then go for it! These runs should be at a pace that is 30-60 seconds faster per mile than your goal marathon pace. You'll be amazed at the results of pushing yourself.

Thursdays: Easy Runs. Done at a pace that is comfortable. You should be at a pace that would allow to you hold a two-way conversation. But not so comfortable that you could do a monologue.

Fridays: Rest and recovery are important! Take the day off and relax. You have a long run tomorrow.

Saturdays: The Long Run. Each week of running is finished off with "the long run". This helps build your endurance for race day. Typically it is assumed that your long runs should be done at a comfortable pace, approximately 30-45 seconds slower than your goal race pace. However, this is only true IF you are doing your interval and tempo runs during the week. If you stick to the plan, your long runs should be comfortable and a great end to your training week.

Sundays: Cross training. It is important to do some exercise the day after a long run. Swim, bike, or go for an easy walk.

Adapted from www.halhigdon.com

Team Living Water is a program of Living Water International
www.water.cc

