



Week #	MON	TUE	WED	THU	FRI	SAT	SUN
1	5	6	off	5	6	5	8
2	6	6	off	6	6	5	8
3	6	6	off	7	7	5	10
4	6	7	off	7	6	6	10
5	6	8	off	8	6	6	12
6	6	8	off	8	7	7	10
7	6	MP 6	off	7	SPEED	7	14
8	6	8	MP 7	off	7	8	10
9	8	SPEED	off	7	MP 6	7	12
10	8	8	SPEED	off	7	8	16
11	6	MP 8	off	7	STRENGTH	9	12
12	8	8	MP 9	off	7	7	16
13	6	STRENGTH	off	7	MP 8	9	14
14	8	8	STRENGTH	off	7	7	20
15	6	MP 9	off	7	STRENGTH	9	16
16	8	8	MP 10	off	7	7	14
17	6	STRENGTH	off	6	MP 6	6	8
18	6	MP 3	off	5	1	3	Race Day!

ALL DISTANCES ARE MILES.

GO! St. Louis Experienced Marathon Training

This program is designed for those runners who have become relatively comfortable with the marathon distance or have been regularly running up to 50 miles a week. This training guide is designed to challenge you, and hopefully prepare you for a new Personal Record!

Keep in mind that everyone's life outside of running is different. If Wednesday is not a good day for a hard workout, make it Thursday and take Wednesday off (just as an example). The important thing is to get all of the week's work done -- not that you do it on the exact day written here.

Speed

Speed workouts should come early on in a marathon segment as a way to tune up the legs before the more important strength workouts begin. Speed workouts should be based on current 10k race pace and should total between 3 and 5 miles of hard running.

Marathon Pace (MP)

Marathon pace workouts are essential in any marathon training program. These runs should be at your goal marathon pace, and run at a completely even pace. Training your body to hit the exact pace that you want to run on race day is the key to preventing going out too fast or too slow on the big day. These workouts should total between 6 and 10 miles in length and should be run on a well-marked course so you know exactly where each mile mark is located. Recommended distances are indicated on the chart. Example: MP 8 means you should do an 8 mile run at goal marathon pace.

Strength

Strength workouts are the most challenging workouts in this training program. Done at half marathon pace, they are designed to increase your threshold so marathon race pace feels easier. In order to accomplish this, your strength workouts need to be faster than race pace. The workouts should total between 4 and 6 miles of hard running.

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LONG RUNS — The long run is every week and is the workout that will enable you to run the entire distance on race day. It is NOT, however, any more or less important than any other run on your schedule. In other words, there are no 13 mile long runs on your schedule because half marathon training is all about consistency. Putting too much emphasis on the long run takes away from the speed, strength, and half marathon pace workouts as well as your recovery runs. When following this schedule, the workload is substantial enough that you will enter each long run with a certain amount of cumulative leg fatigue. This fatigue equates to already having run a few miles before you take that first step out the door. When you run an 8 mile long run, it is much more like running the last 8 miles of a half marathon as opposed to the first 8. On race day, when you are tapered and your legs feel "fresh" the 13.1 mile distance should not be a problem. One final instruction on long runs is that the pace does not matter. It is all about covering the distance -- normal recovery pace is fine.

Speed Workout Examples

IMPORTANT: Before any "workout" where you will be running at a pace equal to or below race pace, you should warm up with an easy mile or two of jogging, followed by some light stretching. Ignoring this step could lead to injury. These workouts should be followed by a cool down, consisting of another easy mile or two of jogging, and another set of stretching.

Mile Repeats — A mile repeat workout consists of one mile of hard running, followed by a three to five minute rest interval depending on how long it takes to run your mile. These workouts can be done at your local high school track, or on a marked running/bike path, or a course you have marked yourself. The miles should be run at your current 10k race pace. If you are unsure, just estimate and it is probably about 40 seconds slower than marathon pace. Based on this mileage schedule it would be appropriate to run two to three mile repeats in one workout. Your rest interval should be roughly two minutes less than the amount of time it takes to run your repeat. During the rest period, maintain a light jog.

½ Mile Repeats — A ½ mile repeat workout consists of the same basic principles as the mile repeats. They should still be done at 10k race pace and the overall volume should stay the same but the rest should be a bit shorter. A good ½ mile repeat workout for this mileage

schedule would consist of five to six repeats. Your rest interval should be roughly 30 seconds less than the amount of time it takes you to run the repeat.

Fartlek — Once you get past the funny Swedish name for "speed play," you will find a fartlek is one of the best workouts around. Less structured than a repeat workout, a fartlek can be done anywhere because it is not based on distance. In simple language it is running fast for a certain amount of time, and then slow for a certain amount of time. You set those times beforehand. For example, run for 20-30 minutes with 3 minutes hard, followed by two minutes easy. OR you can just go where the wind takes you; run around the neighborhood or the park, pick out lightposts or landmarks and run hard until you get to them. Then take it easy again and continue that pattern.

Strength Workout

Tempo Run — These are run at ten seconds faster per mile than marathon pace. The most basic is a straight tempo: run 4-6 miles at ten seconds faster than marathon pace and that is it. For variety, break these up and run three miles of tempo, take a mile jog break, and run three more miles of tempo. OR, run two miles, break, two miles, break, two miles. Break it up as you wish, but never run any segment for less than two miles. These workouts are to be done at a very even pace. Like the marathon pace workouts, they teach your body to find a rhythm and stick to it. It may feel natural to pick up the pace, especially when you are feeling good, but that is a bad habit to get into when training for a marathon.

ONE MORE THING — HYDRATION... HYDRATION... HYDRATION!!!

When you commit to a marathon training program you commit to a lot of running. When you run you perspire, and when you perspire you lose essential nutrients involved in muscle recovery. If you do not replenish those nutrients before, during, and after exercise you will feel sore, tired, and run-down. In addition to water, you should consume energy drinks and gels. These provide the electrolytes not found in water. Practicing water stops during every day runs is also good practice for race day when you should take water at every station and try to consume as much as 70 ounces during the entire race.

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