

20 WEEK ADVANCED MARATHON TRAINING PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Easy Run 3 miles	Intervals 3 x 800m then leg workout	Easy Run 3 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 10 miles
2	Easy Run 3 miles	Intervals 3 x 800m then leg workout	Easy Run 3 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 11 miles
3	Easy Run 3 miles	Intervals 3 x 800m then leg workout	Easy Run 3 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 9 miles
4	Easy Run 3 miles	Intervals 3 x 800m then leg workout	Easy Run 3 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 12 miles
5	Easy Run 3 miles	Intervals 3 x 800m then leg workout	Easy Run 3 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 13 miles
6	Easy Run 3 miles	Intervals 3 x 800m then leg workout	Easy Run 3 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 10 miles
7	Easy Run 3 miles	Intervals 4 x 800m then leg workout	Easy Run 3 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 15 miles
8	Easy Run 3 miles	Intervals 4 x 800m then leg workout	Easy Run 3 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 16 miles
9	Easy Run 3 miles	Intervals 5 x 800m then leg workout	Easy Run 3 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 12 miles
10	Easy Run 3 miles	Intervals 5 x 800m then leg workout	Easy Run 3 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 17 miles
11	Easy Run 4 miles	Intervals 5 x 800m then leg workout	Easy Run 4 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 18 miles
12	Easy Run 4 miles	Intervals 5 x 800m then leg workout	Easy Run 4 miles	Strength Training	Tempo Run 6 miles	Rest Day	Half Marathon
13	Easy Run 4 miles	Intervals 5 x 800m then leg workout	Easy Run 4 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 20 miles
14	Easy Run 4 miles	Intervals 6 x 800m then leg workout	Easy Run 4 miles	Strength Training	Tempo Run 6 miles	Rest Day	Half Marathon
15	Easy Run 4 miles	Intervals 6 x 800m then leg workout	Easy Run 4 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 20 miles
16	Easy Run 4 miles	Intervals 6 x 800m then leg workout	Easy Run 4 miles	Strength Training	Tempo Run 6 miles	Rest Day	Half Marathon
17	Easy Run 4 miles	Intervals 5 x 800m then leg workout	Easy Run 4 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 20 miles
18	Easy Run 4 miles	Intervals 5 x 800m then leg workout	Easy Run 4 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 12 miles
19	Easy Run 4 miles	Strength Training 45-60 mins	Rest Day	Easy Run 3 miles & 45 mins	Easier Run 4 miles	Rest Day	Long Run 8 miles
20	Easy Run 4 miles	Strength Training 45-60 mins	Rest Day	Strength Easy Run 3 miles	Rest Day	Easy Run 2 miles	Marathon

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MARATHON HANDBOOK

Marathon Training

Bill Pierce, Scott Murr



Marathon Training:

Running Your First Marathon Andrew Kastor, 2018-01-09 Andrew Kastor has taken the tried and true principles that all us pros follow and made them available and applicable for everyone Just as Andrew has helped me on my journey he is sure to help you on yours Ryan Hall US Olympic Marathoner holder of the US record in the half marathon and marathon training expert As a marathon training coach for world class runners and Olympic medalists Andrew Kastor knows what it takes to get to the finish line Whether you are planning to run a full or half marathon Coach Kastor's marathon training program conditions you to set achievable goals get in shape and stay motivated With an easy to follow 20 week marathon training schedule for building strength and endurance plus expert advice from record holding runners on what to expect *Running Your First Marathon* is the only coaching you'll need to go the distance *Running Your First Marathon* lays out a goal oriented marathon training program with A 20 Week Marathon Training Program detailed day by day marathon training schedules and space to track your progress *Marathon Training 101* advice and tips from world class marathoners on marathon training fueling your body avoiding injury and race day preparation *Motivational Marathon Training Boosts* from Coach Kastor and other famous runners to help you stay on track during marathon training *Running Your First Marathon* will not only inspire you but also help train your mind and body to unlock hidden potential Shalane Flanagan Olympic Silver Medalist NYC Marathon champion American record holder and marathon training pro [Marathon](#) Hal Higdon, 2005-09-03 Features instructions for runners of all ability levels on preparing for a marathon including training schedules advice on diet defensive running strategies and tips for staying motivated [Running a Marathon For Dummies](#) Jason Karp, 2012-10-18 Get ready to run the race of your life Marathons in the U S have seen record increases in participation during the past few years *Running a Marathon For Dummies* helps aspiring marathon runners prepare to successfully complete their first race and shows experienced runners how to take their game to the next level *Running a Marathon For Dummies* gives you exercises programs and tips to improve your running stamina speed and overall health It takes you from sitting on the couch through running your first 26.2 mile marathon and beyond For seasoned runners *Running a Marathon For Dummies* offers tips and advice for how to continue improving performance through drills exercises and other techniques Provides a timed training promise for runners of all skill levels from non runners first marathoners and mid race runners to more experienced runners Includes information on how running increases heart strength keeps illnesses away keeps arteries clear and improves a person's mood Gives you drills exercises and techniques to improve your endurance Whether you're a couch potato or a regularly hit the asphalt *Running a Marathon For Dummies* gives you everything you need to run the race of your life

Smart Marathon Training Jeff Horowitz, 2011-10-01 Old school marathon training plans ask runners to crank out 70 to 100 miles a week It's no wonder those who make it to the start line are running ragged *Smart Marathon Training* maps out a healthier more economical approach to training that emphasizes quality over quantity With more than 75 detailed exercises

plus six easy to follow training plans for half and full marathons Smart Marathon Training will get you to the starting line feeling refreshed and ready to run your best race yet This innovative program eliminates junk miles paring down training to three essential runs per week and adding a dynamic strength and cross training program to build overall fitness Runners will train for their best performance in less time and avoid the injuries overtraining and burnout that come from running too much Smart Marathon Training builds up a runner s body to resist injury Runners gain the strength they need to run long using functional exercises that target the hips glutes and quads Running is a full body sport so this training program also builds a strong core and upper body to avoid injuries that begin above the waist No one fakes a marathon or half marathon everyone has to do the work But Smart Marathon Training replaces long grinding miles with low impact cross training Horowitz outlines a cycling plan to complement run workouts boosting base fitness while saving runners bodies for their best runs

Master the Marathon Ali Nolan,2021-09-14 A must have for any woman targeting the distance Runner s World A no nonsense interactive guide that empowers all women at all levels to run their strongest best marathon ever As recently as 1966 women were forbidden to run in the marathon Professionals including doctors believed it was physically impossible and dangerous for women to run more than a mile and a half But as with many other barriers women have faced over time we fought our way in Today women make up almost half of the marathoning population Yet most marathon training manuals are written by men And while these men are experts when it comes to how men can and should train women need training programs tailored to our bodies to our unique strengths and weaknesses so that we can avoid injuries and run at our peak The programming in this book was created by a woman specifically for women Master the Marathon is a comprehensive guide to marathon training for women at all levels of running beginner intermediate and advanced The book takes you through everything you need to know to be prepared for the 26 2 miles of the marathon including detailed training plans strength training programs building your mental awareness of your physical body nutrition guidance on finding the best marathon for you identifying and avoiding potential injuries inspirational advice and other unexpected pieces of wisdom Both incredibly practical and deeply motivating Master the Marathon will help you unlock the strength and determination inside you to embark on the spectacular journey that is the marathon

The Official Rock 'n' Roll Guide to Marathon & Half-Marathon Training Mario Fraioli,2025-11-04 Rock your run with The Official Rock n Roll Guide to Marathon and Half Marathon Training This practical encouraging guide makes preparing for marathon and half marathon as rewarding as race day With coaching advice running workouts and training programs from Coach Mario Fraioli you ll enjoy training and cross the finish line feeling great Rock your run with The Official Rock n Roll Guide to Marathon and Half Marathon Training This practical encouraging guide makes preparing for marathon and half marathon as rewarding as race day With coaching advice running workouts and training programs from Coach Mario Fraioli you ll enjoy training and cross the finish line feeling great Coach Mario will guide you from sign up to finish line With his expert advice you ll choose your race set your

goals select the right gear and move swiftly through a beginner or experienced marathon or half marathon training program Fraioli covers all of running's most important topics dynamic warm up exercises smart and realistic workouts healthy sports nutrition and hydration guidelines tips for quick and complete recovery strength training and crosstraining advice to treat common running injuries and strategies for race week and race day He offers useful tools like running pace charts a sweat loss calculator and a preview of each Rock n Roll race course The Rock n Roll Marathon and Half Marathon series is the world's most popular running series because each race is a fun and feel good challenge Now with the Official Rock n Roll Guide you'll be ready to rock your marathon or half marathon Marathon Training For Dummies Tere Stouffer

Drenth,2011-05-04 In today's modern world there's no need for anyone to run twenty five miles to deliver a message as Pheidippides did from Marathon to Athens around 500 B C However hundreds of runners each year run 26.2 miles at hundreds of marathons worldwide To conquer this mountainous challenge you must know how to properly eat stretch identify and treat injuries and develop a running program that hones your mind and body into a running machine Marathon Training For Dummies is for everyone who has always thought about running a marathon or half marathon 13.1 miles and for seasoned runners who want to tackle the challenge safely and successfully This quick read reference helps all runners Add strength and speed Weight train Improve your technique Eat to maximize endurance Treat injuries Choose your races In just four to six months of dedicated training any runner can be fully prepared to tackle a marathon Map out an exercise program choose shoes and plan the race strategy that will get you across the finish line Marathon Training For Dummies also covers the following topics and more How far how fast Blazing the best trail Stretching methods Doing LSD Long Slow Distance Tempo run training The last 24 hours The best tune up races in North America The week after the marathon With several hundred thousand people finishing marathons each year you'll meet plenty of interesting people running along with you There are numerous rewards for conquering the mental and physical challenges of a marathon and this fun and friendly guide is your road map to achieving them Marathon, All-New 4th Edition Hal Higdon,2011-09-27

Especially in tough economic times running offers an affordable and positive way to relieve stress and gain a sense of accomplishment Marathons and more than ever half marathons are the ultimate achievement for runners and have experienced an unprecedented boom in the last several years New hunger for reliable information on marathon and half marathon training as well as new technologies that have revolutionized ordinary people's ability to train intelligently means the time is right for a new edition of longtime Runner's World contributor Hal Higdon's classic guide to taking the guesswork out of preparing for a marathon whether it's a reader's first or fiftieth At the core of the book is Higdon's clear and essential information on training injury prevention and nutrition With more than 25 percent new material this fourth edition of a running classic is a must own for both longtime runners and those new to the sport **The Marathon Method** Tom Holland,2007-04-01 Get Ready to Run A complete guide to training for a half or full marathon in sixteen weeks this book follows the format of Tom's

previous book *The 12 Week Triathlete* with simply the best advice on how to run your fastest race while staying injury free. Whether you are a first time marathoner trying to set a new PR or looking to qualify for Boston this book is for you. **TRAIN LESS AND RUN YOUR BEST** Some worry that running a marathon will involve hours upon hours of training each week. Others fear that they will become injured. Some veteran marathoners have followed other training plans and experienced both but Tom's approach is much different. His philosophy of train less run your best will amaze you whether you are running your first marathon or fiftieth. Exercise physiologist and sports performance coach Tom Holland, an elite endurance athlete himself and sub 3 hour marathoner who has run in more than fifty marathons, three ultramarathons and a dozen Ironman triathlons around the world will teach you how to properly gear up and train in the sixteen weeks prior to your half or full marathon. So when that starting gun sounds you'll be equipped with invaluable tips and techniques that will put you in position to run the best race of your life. *The Marathon Method* provides you with everything you need to know including Easy to understand advice on nutrition, hydration and gear. Customized training plans for beginner, intermediate and advanced runners. Advice on the mental side of running and how to make your mind go that extra mile. Strategies to avoid hitting the infamous wall. Tips on pacing, injury prevention, strength training, flexibility and much more. *Marathoning for Mortals* John Bingham, Jenny Hadfield, 2003-05-02 As Runner's World's columnist and poster child for adult onset athletes John the Penguin Bingham offers the ultimate introduction to long distance running and walking. **The Complete Idiot's Guide to Marathon Training** David Levine, Paula Petrella, 2011-05-03 A comprehensive guide to get you ready for race day. According to the rule books a marathon is 26.2 grueling yet exhilarating miles. Millions of people run marathons around the world. Many more millions dream of doing it. But novice or veteran runners marathons require training and plenty of it. Certified marathon coach David Levine and dedicated marathoner Paula Petrella know how to get anyone in shape for the race and share the entire procedure in clear jargon free language. Includes dozens of instructional photos. Practical advice that addresses the needs of men and women of all ages. **Hansons Half-Marathon Method** Luke Humphrey, Kevin Hanson, 2014-04-08 The principles in this book will make you a better runner. **PERIOD** The principles in this book will make you a better runner. **PERIOD** Committed runners from all over the world have set new PRs with the Hansons training program. Now in *Hansons Half Marathon Method* the Hansons Brooks team shares its unique winning approach to the popular half marathon distance. With half marathon training programs for intermediate and advanced runners as well as a welcoming Just Finish Program for newer runners. *Hansons Half Marathon Method* prepares all athletes for their best performance. Hansons athlete and coach Luke Humphrey explores the differences between the Hansons method and other training programs and then shows runners how to make the Hansons half marathon training program their own. He guides runners through choosing the right training plan and offers a practical guide to setting race finish time goals. Humphrey reveals the Hansons approach to precise half marathon pacing showing runners how to find their most effective paces for the Hansons SOS something of substance.

workouts speed strength tempo long and easy runs He coaches runners on how to modify the plans to work around busy schedules and missed workouts He answers frequently asked questions on switching workout days managing fatigue incorporating races into training and adding mileage Runners will benefit from the Hansons advice on finding the best shoes for distance running and their veteran tips on avoiding common stumbling blocks during race week at the expo at the start line and after the race The Hansons science based approach to half marathon pacing nutrition and hydration will ensure that runners cross the finish line feeling strong Hansons Half Marathon Method lays out the most effective way to train for a half marathon developed by one of the most accomplished running groups in the nation Using the Hansons way runners can forge a breakthrough half marathon performance *Basic Marathon Training* Don Garber,2004 Provides a guide to running a marathon including equipment training diet and injury prevention

Marathon Training: The Underground Plan To Run Your Fastest Marathon Ever : A Week by Week Guide With Marathon Diet & Nutrition Plan Jason

Scotts,2013-11-02 Marathon Training The Underground Plan To Run Your Fastest Marathon Ever A Week by Week Guide With Marathon Diet Nutrition Plan reveals the methods used to turn runners into race winners This book introduces method which will gradually build up the moderate high mileage required for marathon success spreading those miles more sensibly throughout the week Running easy days mixed with precisely paced speed strength and tempo workouts runners will steel their bodies and minds to run the hardest miles of the marathon In addition detailed nutrition and hydration chapters also help runners pinpoint their personal energy and hydration needs so they know precisely how much to eat and drink during workouts race week race day and for recovery This approach to pacing and nutrition means marathoners will never hit the wall Marathon Training The Underground Plan To Run Your Fastest Marathon Ever A Week by Week Guide With Marathon Diet Nutrition Plan lays out the smartest marathon training program week by week to mold real marathon muscles train their body to never hit the wall and prepare to run their fastest marathon ever **Runner's World Run Less Run Faster** Bill

Pierce,Scott Murr,2021-01-19 Finally runners at all levels can improve their race times while training less with the revolutionary Furman Institute of Running and Scientific Training FIRST program Hailed by the Wall Street Journal and featured twice in six months in cover stories in Runner s World magazine FIRST s unique training philosophy makes running easier and more accessible limits overtraining and burnout and substantially cuts the risk of injury while producing faster race times The key feature is the 3 plus 2 program which each week consists of 3 quality runs including track repeats the tempo run and the long run which are designed to work together to improve endurance lactate threshold running pace and leg speed 2 aerobic cross training workouts such as swimming rowing or pedaling a stationary bike which are designed to improve endurance while helping to avoid burnout With detailed training plans for 5K 10K half marathon and marathon plus tips for goal setting rest recovery injury rehab and prevention strength training and nutrition this program will change the way runners think about and train for competitive races Amby Burfoot Runner s World executive editor and Boston Marathon

winner calls the FIRST training program the most detailed well organized and scientific training program for runners that I have ever seen The Run Walk Run® Method Jeff Galloway,2016-05-23 Jeff s quest for the injury free marathon training program led him to develop group training programs in 1978 and to author Runner s World articles which have been used by hundreds of thousands of runners of all abilities His training schedules have inspired the second wave of marathoners who follow the Galloway RUN WALK RUN low mileage three day suggestions to an over 98% success rate Jeff has worked with over 200 000 average people in training for specific goals Jeff is an inspirational speaker to over 200 running and fitness sessions each year His innovative ideas have opened up the possibility of running and completing a marathon to almost everyone Philosophically Jeff believes that we were all designed to run and walk and he keeps finding ways to bring more people into the positive world of exercise **Galloway's Half Marathon Training** Jeff Galloway,2021-05-01 For any runner considering training for a half marathon author and running coach Jeff Galloway can help you prepare to train enjoy training and cross the finish line strong In this book Olympian Jeff Galloway outlines for each runner how to select a realistic goal and what workouts to use to best prepare for the race He includes tips for staying motivated while at the same time eliminating aches pains and injuries He also assures runners that their training will not completely consume their time so that they can train successfully while still enjoying other aspects of life The author s successful and unique run walk run training method has helped thousands of average people train for half marathons even if they have never run before Using this program even veteran runners can improve their personal bests With this book every runner will be given a step by step guide on setting up their training each week so that they will finish the half marathon strong *Mastering the Marathon* Don Fink,2010-09-01 The ideal resource for athletes age forty and older who seek faster times and fewer injuries *Marathon and Half Marathon* Marnie Caron,Sport Medicine Council of British Columbia,2006 The complete 26 week training program Cover A Beginner's Guide to Marathon Training (Running, Training, Fitness) Jasmine Evans,2012-02-24 ABOUT THE BOOK So you want to run a marathon Everyone who makes the decision to run a marathon has their own reasons Maybe you want to train for a particular race Or maybe you want to lose weight Or perhaps you just want to try a new form of exercise Or or or the list goes on and on If you are a beginner and you have made the lofty decision to train to run a marathon then this is the guide for you Are you a beginner For this guide if you cannot yet run for 30 minutes straight you are a beginner If you cannot run 30 minutes or cannot run for just 10 minutes don t worry you will get there soon This guide will also be helpful for people who are in shape but do not run For instance if you have been doing martial arts for years consider yourself physically fit and do not run you can still benefit from this guide Running can have all sorts of benefits One of the most common benefits is the possibility of weight loss Combined with healthy eating running is a great way to lose excess body fat MEET THE AUTHOR Jasmine Evans is a graduate of Princeton University who has been writing fiction and nonfiction on and off since the 8th grade At Princeton she majored in Sociology and minored in African American Studies She currently writes for two blogs one

about education and the other about job hunting For fun Jasmine likes to read exercise and play with her bunny Penelope

EXCERPT FROM THE BOOK There are all kinds of fancy gadgets out there for runners From devices that go in your shoe to track your movements to running pants with reflectors on them for those who run at night there are so many things you could buy that it can be a little overwhelming The most important piece of running equipment you buy are the shoes Beat up shoes you pull from the back of your closet will not work Tennis shoes or shoes made for fashion will not work either You need a good pair of running shoes that will support your feet and ankles Active com Basic Gear for a Beginning Runner It is also not as simple as going to your nearest shoe store and picking out the prettiest running shoe There are three different kinds of running shoes Buy a copy to keep reading

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