

Marathon Training Program - Fall 2018  
Mariemont, OH

Week	Week Starting	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
1	2-Jul	3		4th of July 5K	4	Rest or Cross	6	3	23
2	9-Jul	3	5	Rest or Cross	4	Rest or Cross	8	3	23
3	16-Jul	3	4 miles + 6 x 400	Rest or Cross	4	Rest or Cross	9	3	26
4	23-Jul	3	4 miles + 6 Hills	Rest or Cross	4	Rest or Cross	10 Mariemont	3	27
5	30-Jul	3	2 mile warm-up 4 miles at race pace 1 mile cool-down	Rest or Cross	4	Rest or Cross	11	3	23
6	6-Aug	3	4 miles + 5 x 800	Rest or Cross	4	Rest or Cross	3	Little Miami 1/2 Marathon	24
7	13-Aug	4	5 miles + 7 Hills	Rest or Cross	5	Rest or Cross	8	3	33
8	20-Aug	4	6 miles 8 x 400	Rest or Cross	5	Rest or Cross	14	3	30
9	27-Aug	4	8	Rest or Cross	5	3	16 Edgewood	3	37
10	3-Sep	4	2 mile warm-up 6 miles at race pace 1 mile cool-down	Rest or Cross	6	Rest or Cross	10	3	35
11	10-Sep	5	6 miles + 8 Hills	Rest or Cross	5	5	18	4	38.1
12	17-Sep	5	9	Rest or Cross	6	Rest or Cross	Hudy 14K	4	42
13	24-Sep	5	10	Rest or Cross	6	Rest or Cross	20 Fountain Square	4	45
14	1-Oct	5	4 miles + 7 x 800	Rest or Cross	7	Rest or Cross	11	4	37
15	8-Oct	6	2 mile warm-up 8 miles at race pace 1 mile cool-down	Rest or Cross	6	Rest or Cross	Queen Bee or 14	4	46
16	15-Oct	5	6	Rest or Cross	5	Rest or Cross	22 Cook Out!	3	36
17	22-Oct	4	5	Rest or Cross	4	Rest or Cross	8	3	25
18	29-Oct	3	3	Rest or Cross	Rest	2	Indianapolis Monumental	OFF	34.2

**General Advice**

**Long Runs:** Saturday mornings will be our long runs. Our long runs get progressively longer; however, we drop back every so often. Do not skip your long run on Saturdays. This will be key to finishing a marathon. Run slower on these runs. We recommend about 45 seconds slower than marathon pace.

**Hill Training:** Hill repeats make you stronger and faster.

**Interval Training:** This will help increase your aerobic capacity and overall speed

**Little Miami Half Marathon:** This should be run at Marathon race pace.  
Example: If you plan to run your marathon in 4:30; this equals a 10:18 pace. Run this race at a 10:18 pace.

**Cross Training:** We recommend that you do some aerobic activity that is less impactful to the body; such as cycling and swimming. We also recommend that you use this time to do some core work.