

Marathon Training Program - Flying Pig 2018  
Mariemont, OH

Week	Week Starting	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
1	1-Jan	Frostbite 5	5	Rest or Cross	4	Rest or Cross	6	3	23
2	8-Jan	3	5	Rest or Cross	4	Rest or Cross	8	3	23
3	15-Jan	3	4 miles + 6 x 400	Rest or Cross	4	Rest or Cross	9	3	26
4	22-Jan	3	4 miles + 6 Hills	Rest or Cross	4	Rest or Cross	10 Mariemont	3	27
5	29-Jan	3	6	Rest or Cross	4	Rest or Cross	7	3	23
6	5-Feb	3	4 miles + 5 x 800	Rest or Cross	4	Rest or Cross	Cyclones 10K	3	24
7	12-Feb	4	5 miles + 7 Hills	Rest or Cross	5	Rest or Cross	12	3	33
8	19-Feb	4	6 miles + 8 x 400	Rest or Cross	5	Rest or Cross	5	Hour Race Championships Tempo Run	30
9	26-Feb	4	8	Rest or Cross	5	Rest or Cross	14 Edgewood	3	37
10	5-Mar	4	2 mile warm- up 4 miles at race pace 1 mile cool- down	Rest or Cross	6	Rest or Cross	15	3	35
11	12-Mar	5	6 miles + 8 Hills	Rest or Cross	5	5	OFF	<b>Heart Mini Marathon</b>	38.1
12	19-Mar	5	9	Rest or Cross	6	Rest or Cross	18	4	42
13	26-Mar	5	10	Rest or Cross	6	Rest or Cross	20 Fountain Square	4	45
14	2-Apr	5	4 miles + 7 x 800	Rest or Cross	7	Rest or Cross	11	4	37
15	9-Apr	6	2 mile warm- up 5 miles at race pace 1 mile cool- down	Rest or Cross	6	Rest or Cross	22 Washington Park	4	46
16	16-Apr	5	6 miles + 10 Hills	Rest or Cross	5	Rest or Cross	13	3	36
17	23-Apr	4	2 mile warm- up 3 miles at race pace 1 mile cool- down	Rest or Cross	4	Rest or Cross	8	3	25
18	30-Apr	3	3	Rest or Cross	Rest	2	REST	<b>FLYING PIG</b>	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

**Heart Mini 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.