

Marathon Training Program - Indianapolis Monumental 2017
Mariemont, OH

Week	Week Starting	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
1	3-Jul						6	3	9
2	10-Jul	3	5	Rest or Cross	4	Rest or Cross	8	3	23
3	17-Jul	3	4 miles + 6 x 400	Rest or Cross	4	Rest or Cross	9	3	26
4	24-Jul	3	4 miles + 6 Hills	Rest or Cross	4	Rest or Cross	10 Mariemont	3	27
5	31-Jul	3	4 miles + 5 x 800	Rest or Cross	4	Rest or Cross	11	3	29
6	7-Aug	3	5 miles + 7 Hills	Rest or Cross	4	Rest or Cross	3	Little Miami 1/2	32
7	14-Aug	4	6	Rest or Cross	5	Rest or Cross	7	3	24
8	21-Aug	4	2 mile warm-up 4 miles at race pace 1 mile cool-down	Rest or Cross	5	Rest or Cross	12	3	31
9	28-Aug	4	8	Rest or Cross	5	3	14 Edgewood	3	37
10	4-Sep	4	6 miles + 8 x 400	Rest or Cross	6	Rest or Cross	16	3	39
11	11-Sep	5	6 miles + 8 Hills	Rest or Cross	5	5	9 miles OR Hudy 14K	3	38.1
12	18-Sep	5	9	Rest or Cross	6	Rest or Cross	18	4	42
13	25-Sep	5	4 miles + 7 x 800	Rest or Cross	6	Rest or Cross	20 Fountain Square	4	45
14	2-Oct	5	2 mile warm-up 5 miles at race pace 1 mile cool down	Rest or Cross	7	Rest or Cross	11 miles OR Queen Bee 1/2	4	35
15	9-Oct	6	6 miles + 10 Hills	Rest or Cross	6	Rest or Cross	22 Washington Park	4	47
16	16-Oct	5	10	Rest or Cross	5	Rest or Cross	13	3	36
17	23-Oct	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-Oct	3	3	Rest or Cross	Rest	2	Indianapolis Monumental	REST	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 1/2 Marathon and 10K: 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.