

Marathon Training Program - Flying Pig  
Mariemont / Cincinnati

Week	Week Starting	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
1	2-Jan		5				5-6	3	9
2	9-Jan	3	5	Rest or Cross	4	Rest or Cross	7-8	3	23
3	16-Jan	3	4 miles + 6 x 400	Rest or Cross	4	Rest or Cross	8-9	3	26
4	23-Jan	3	4 miles + 6 Hills	Rest or Cross	4	Rest or Cross	9-10 Mariemont	3	27
5	30-Jan	3	6	Rest or Cross	4	Rest or Cross	Cyclones Frozen 10K	3	23
6	6-Feb	3	4 miles + 5 x 800	Rest or Cross	4	Rest or Cross	11-12	3	30
7	13-Feb	4	5 miles + 7 Hills	Rest or Cross	5	Rest or Cross	12-13	3	33
8	20-Feb	4	2 mile warm-up 4 miles at race pace 1 mile cool- down	Rest or Cross	5	Rest or Cross	8	3	27
9	27-Feb	4	8	Rest or Cross	5	3	13-14 Edgewood	3	37
10	6-Mar	4	6 miles + 8 x 400	Rest or Cross	6	Rest or Cross	OFF	Heart Mini 1/2 Marathon	38
11	13-Mar	5	6 miles + 8 Hills	Rest or Cross	5	5	14-15	3	38.1
12	20-Mar	5	9	Rest or Cross	6	Rest or Cross	16-18	4	42
13	27-Mar	5	10	Rest or Cross	6	Rest or Cross	18-20 Fountain Square	4	45
14	3-Apr	5	4 miles + 7 x 800	Rest or Cross	7	Rest or Cross	11	4	37
15	10-Apr	6	2 mile warm-up 5 miles at race pace 1 mile cool- down	Rest or Cross	6	Rest or Cross	20-22 Washington Park	4	46
16	17-Apr	5	6 miles + 10 Hills	Rest or Cross	5	Rest or Cross	13	3	36
17	24-Apr	4	2 mile warm-up 3 miles at race pace 1 mile cool- down	Rest or Cross	4	Rest or Cross	8	3	19
18	1-May	3	3	Rest or Cross	Rest	2	Rest	Flying Pig	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.