



MARATHON TRAINING PLAN

+ CREATED BY: Toni Kengor, RRCA-certified run coach

RUNNING ▶ Keep your runs at an easy "conversational" pace (60-90 seconds slower than Goal Marathon Pace).

STRIDES ▶ Start at a jog, build to 95% of your max effort speed, and then gradually slow to a stop. Complete 4-6 x 20-30 seconds of accelerations, jog or rest for 1 minute between rounds.

WARM-UP ▶ Before every single run, do a warm-up that includes muscle activation and dynamic stretches.

DURATION ▶ This plan is inclusive of all paces and abilities. Follow miles or minutes, whichever feels better.

STRENGTH ▶ Aim for 15 to 30 minutes of strength training.

BASE MILEAGE PREP (OPTIONAL)

WEEK 1	MON	TUESDAY	WED	THURSDAY	FRI	SAT	SUNDAY
MILEAGE: 20 miles	X	3 miles + strength	4 miles	4 miles + strength	X	3 miles	6 miles or ○ 60 min
WEEK 2	MON	TUESDAY	WED	THURSDAY	FRI	SAT	SUNDAY
MILEAGE: 21 miles	X	3 miles + strength	4 miles	4 miles + strength	X	3 miles	7 miles or ○ 1 hr 10 min
WEEK 3	MON	TUESDAY	WED	THURSDAY	FRI	SAT	SUNDAY
MILEAGE: 22 miles	X	3 miles + strength	5 miles	4 miles + strength	X	3 miles	7 miles or ○ 1 hr 10 min
WEEK 4	MON	TUESDAY	WED	THURSDAY	FRI	SAT	SUNDAY
MILEAGE: 23 miles	X	3 miles + strength	5 miles	4 miles + strength	X	3 miles	8 miles or ○ 1 hr 20 min

Competitive Runners Training

Kevin M. Beck



Competitive Runners Training :

The Competitive Runner's Handbook Bob Glover, Shelly-lynn Florence Glover, 1999-04-01 For both runners entering that first neighborhood race and elite marathoners trainers Bob and Shelly lynn Florence Glover's completely revised guide is the book on training to compete A book that's already sold close to 200 000 copies The Competitive Runner's Handbook will now offer all the latest information needed to design basic training programs special workouts to increase strength endurance and power schedules and worksheets to develop individual goals and specifics on preparing for all kinds of races with an emphasis on the 10K and the marathon Informed by their over thirty years of coaching experience the Glovers give winning tips on alternative training footwear and diet and common injuries and illnesses as well as sensible advice on balancing running with work and home life *The Competitive Runner's Training Book* Bill Dellinger, 2018

Young Runners at the Top Brad Hudson, Lize Brittin, Kevin Beck, 2017-06-16 In today's hyper competitive world young athletes are often pushed to compete and pressured to succeed to the point of burnout It doesn't have to be that way though because many young runners genuinely enjoy training and racing But in order to train and compete intelligently to become better runners yet avoid injuries or academic and social missteps they need guidance *Young Runners at the Top A Training Racing and Lifestyle Guide for Competitors and Coaches* provides helpful instructions and suggestions for runners of all abilities Drawing on their experiences as coaches and runners authors Brad Hudson Lize Brittin and Kevin Beck offer insights into how pre teens and teens can become faster and stronger athletes Chapters cover such key topics as choosing the right gear cross training the mental side of running new technology how to integrate running into daily life and proper nutrition Sample training schedules for beginning intermediate and elite runners make this a truly comprehensive resource for runners at all levels Using examples of athletes who have excelled both as youngsters and adults and citing wisdom from top running coaches this book encourages young runners to develop the inner strength and discipline required in a demanding sport Ultimately *Young Runners at the Top* shares with athletes coaches and parents not only what it takes to become a top runner but also how to maintain a positive attitude and enjoy the act of running day after day year after year **The Runner's**

Training Diary Bob Glover, Shelly-lynn Florence Glover, 1997 The authors of the bestselling *Runner's Handbook* present a training diary that combines an attractive 52 week diary with all the most helpful information runners want to have at their fingertips Using the diary runners can keep a systematic account of runs times weather running paths distances conditions and other important facets of their life **5K and 10K Training** Brian Clarke, 2008-11-14 Make your workouts count with

the breakthrough system that synchronizes your energy levels with your training effort Instead of fighting your body to finish a workout just because it's written on the calendar choose the most effective workout from 5K and 10K Training based on your body's capacity to perform at any given time Effort based training maximizes training adaptation by matching the goal of each workout with its optimal training level hard when energy is high and recovery is adequate and easy when energy is

low and you're under physical stress. Effort based training also gives you the most control over the training process allowing you to stay injury free while actually increasing the energy you have available for workouts. Sample programs contain a variety of schedules and detailed workouts for developing five race specific abilities. Run stronger and faster with more energy by using the proven system in 5K and 10K Training. With customizable programs to choose from and accompanying training logs you can use to record and evaluate your progress, this unique system is the fastest way to reach your training goals.

Run Faster from the 5K to the Marathon Brad Hudson, Matt Fitzgerald, 2008-07-29. Learn how to run faster, unlock your potential and reach peak performance with this practical guide featuring training advice from a former Olympic trials marathoner and coach to Olympians. Reading this book can help take you to the next level and keep pushing you up as far and fast as you want to go. Sarah Toland, former NCAA All American, USA National Cross Country Team member and Olympic Trials qualifier for the 5,000 and 10,000. Brad Hudson is the most innovative running coach to come along in a generation. Until now only a handful of elite athletes have been able to benefit from his methods. With *Run Faster from the 5K to the Marathon*, Hudson shows all runners how to coach themselves as confidently and effectively as he coaches his world class athletes. Becoming your own best coach is the ticket to running faster at any distance. First you will learn to assess your abilities. Then you'll learn how to devise a training program specifically geared to you. Filled with easy to follow sample training programs for distances ranging from the 5K to the marathon and abilities ranging from novice to advanced, this is the cutting edge guide for optimal performance. With Hudson's guidance you can train smarter and more effectively and avoid injury. And you'll soon be running faster than you ever thought possible.

Run Strong Kevin M. Beck, 2005-04-01. Run faster and longer with less effort than ever before. Putting in the miles is only one part of the training equation. You can become a much stronger overall runner by improving leg turnover, efficiency, body alignment, muscle balance and running specific muscle strength and by finding your most effective range of motion. Expert coaches and runners show you how to assess what you need and implement these training methods into your current program. And if you're returning from injury, you can bounce back stronger and faster than ever before. Make your base miles pay off by improving your efficiency and economy. With *Run Strong*, you'll maximize your current fitness level and see results at the very next race.

The Competitive Runner's Handbook Bob Glover, Shelly-lynn Florence Glover, 1999-04-01. For both runners entering that first neighborhood race and elite marathoners, trainers Bob and Shelly-lynn Florence Glover's completely revised guide is the book on training to compete. A book that's already sold close to 200,000 copies, *The Competitive Runner's Handbook* will now offer all the latest information needed to design basic training programs, special workouts to increase strength, endurance and power, schedules and worksheets to develop individual goals and specifics on preparing for all kinds of races, with an emphasis on the 10K and the marathon. Informed by their over thirty years of coaching experience, the Glovers give winning tips on alternative training, footwear and diet, and common injuries and illnesses, as well as sensible advice on balancing

running with work and home life *Build Your Running Body* Pete Magill, Thomas Schwartz, Melissa Breyer, 2014-07-29 The best running book ever Bob Anderson founder of Runner's World Whether you're a miler or an ultramarathoner if you want a fit fast and injury resistant running body there's a better way to train than relentlessly pursuing mileage This easy to use workout manual draws on the latest research in running physiology to target all the components that go into every stride including muscles connective tissue cardiovascular fitness energy production the nervous system hormones and the brain With the breakthrough whole body training program in Build Your Running Body runners will improve their times run longer and more comfortably and reduce injury With more than 150 workouts from weightlifting and cross training to resistance exercises and plyometrics fine tuned to individual skill levels and performance goals PLUS 393 photos that make it easy to follow every step of every workout 10 training programs to help runners of all levels integrate the total body plan into their daily routines Interviews with leading runners exercise scientists and coaches learn how elite runners train today Race strategy for the crucial weeks leading up to the competition and through to the finish line Exercises to prevent injury and rehabilitate common running ailments Seasoned insight on barefoot running the pros and cons of stretching and other hot button topics Nutrition guidance on carbs proteins fats and weight loss More than 30 recipes to speed recovery and cement fitness gains Beginners guidelines every step of the way Valuable tips on proper apparel tracking your progress and more

Marathon Running: Physiology, Psychology, Nutrition and Training Aspects Christoph Zinner, Billy Sperlich, 2016-03-19 The book contains recent research about physiology psychology nutrition and training aspects of Marathon Running of different age gender and performance level The basic knowledge of marathon running with explanations of the physiological and psychological mechanisms induced by marathon training with the associated adaptations and subsequent improved physiological capacities are presented in a reader friendly format for researchers and practitioners The book includes a full range of useful practical knowledge as well as trainings principles to guide the reader to run marathon faster After reading the book the reader is able to develop training plans and owns the knowledge about up to date scientific results in the fields of physiology psychology nutrition in marathon running **Brain Training for Runners** Matt Fitzgerald, 2007-09-04 Based on new research in exercise physiology author and running expert Matt Fitzgerald introduces a first of its kind training strategy that he's named Brain Training Runners of all ages backgrounds and skill levels can learn to maximize their performance by supplying the brain with the right feedback Based on Fitzgerald's eight point brain training system this book will help runners Resist running fatigue Use cross training as brain training Master the art of pacing Learn to run in the zone Outsmart injuries Fuel the brain for maximum performance Packed with cutting edge research real world examples and the wisdom of the world's top distance runners Brain Training for Runners offers easily applied advice and delivers practical results for a better overall running experience *Run Faster from the 5K to the Marathon* Brad Hudson, Matt Fitzgerald, 2008-07-29 Learn how to run faster unlock your potential and reach peak performance with this practical guide

featuring training advice from a former Olympic trials marathoner and coach to Olympians Reading this book can help take you to the next level and keep pushing you up as far and fast as you want to go Sarah Toland former NCAA All American USA National Cross Country Team member and Olympic Trials qualifier for the 5 000 and 10 000 Brad Hudson is the most innovative running coach to come along in a generation Until now only a handful of elite athletes have been able to benefit from his methods With Run Faster from the 5K to the Marathon Hudson shows all runners how to coach themselves as confidently and effectively as he coaches his world class athletes Becoming your own best coach is the ticket to running faster at any distance First you will learn to assess your abilities Then you ll learn how to devise a training program specifically geared to you Filled with easy to follow sample training programs for distances ranging from the 5K to the marathon and abilities ranging from novice to advanced this is the cutting edge guide for optimal performance With Hudson s guidance you can train smarter and more effectively and avoid injury And you ll soon be running faster than you ever thought possible

Runner's World Best: Competitive Running Adam Bean,2006-08-22 A concise illustrated reference outlines the benefits of competitive running counseling athletes of any level on basic principles of various races from 5K runs to marathon competitions in a guide that covers such topics as nutrition hydration and strength and flexibility training

Original Runner's World Guide to Cross-Training Matt Fitzgerald,Editors of Runner's World Maga,2004-09-23 How to cross train to improve running times and prevent overuse injuries whether you are participating in your first 10 K or competing to win a marathon or triathlon If you want to enjoy a long successful life of running it s essential to incorporate non running activities into your training program Strength exercises will keep your muscles in balance Flexibility exercises will keep them supple And alternative endurance activities will help heal existing injuries while preventing future ones In Runner s World Guide to Cross Training Matt Fitzgerald seasoned runner triathlete sports and fitness journalist and online coach to runners and triathletes tells you everything you need to know about the very best cross training exercises for runners from the equipment you ll have to buy to the techniques you ll have to master In addition to strength training and flexibility exercises he recommends the six best non impact cardiovascular activities for runners pool running elliptical training bicycling inline skating swimming and cross country skiing The book shows how to integrate running and cross training and features five complete sample programs that will train you to compete in a basic 10 K advanced 10 K half marathon basic marathon advanced marathon and triathlon Until now there hasn t been a credible cross training book designed especially for runners With the imprimatur of Runner s World magazine recognized everywhere as the most authoritative source of information on the sport this excellent guide will be welcomed by runners at every level as the book to consult for advice on this vital topic Marathon Running Richard Nerurkar,2000-01-01 Intended for everyone from the complete beginner to the experienced runner wishing to improve on racing strategy this book gives information on structuring an effective build up training harder without doing too much improving your pace judgement and producing your

best on race day **The Science and Practice of Middle and Long Distance Running** Richard Blagrove, Philip Hayes, 2021-03-29 The popularity of distance running as a sport and a recreational activity is at an all time high Motivated by the desire to achieve a personal best remain healthy or simply complete an event distance runners of all ages and abilities actively seek out advice from experienced coaches and sport scientists This is also reflected in the growth of programmes of education for young coaches and aspiring sport scientists in recent years There are a multitude of different approaches to training distance runners however the basic principles and ingredients required for success are applicable to any distance runner The science that underpins the training and physical preparation of distance runners has developed considerably in recent years The most experienced and successful coaches in the distance running community rarely have the opportunity to share their tried and tested methods of training Similarly the novel work of sport scientists is often only accessible to elite runners their support teams and academia The Science and Practice of Middle and Long Distance Running links together the science and coaching artistry associated with preparing distance runners for events ranging from 800 m up to ultra marathon distances It combines the latest scientific evidence published by world leading sport scientists with the sound training principles and strategies adopted by experienced coaches The book translates cutting edge scientific research from the fields of physiology biomechanics psychology and nutrition into practical suggestions for achieving success Important topical issues and contemporary practices related to health and performance are also addressed This book is an essential addition to the library of any distance runner coach or sport scientist **Marathon Running** Richard Nerurkar, 2012-08-30 Written by Richard Nerurkar Britain's most successful marathon runner of the 1990s the fourth edition of this classic invaluable guide will help you get the most from your distance training From the complete beginner enchanted by the challenge of the London Marathon to the experienced runner wishing to improve on racing strategy its authoritative pages reveal a wealth of information on Structuring an effective build up and taper Training harder without doing too much Improving your endurance and pace judgement Producing your best on race day This new edition has been fully updated to take account of the latest developments in running science and programme design Also included are tips on how to choose a good marathon and the pitfalls of bad ones as well as more insights from Richard and other leading runners *The Born Again Runner* Pete Magill, 2016-10-09 Pete Magill's *The Born Again Runner* is a one of a kind guide for everyone who wants to run but feels they can't As a drug addled young man Pete Magill once found himself in the ER with his body telling him to give up Taking up running seemed impossible but he willed himself to do it anyway Magill went on to become one of the fastest masters runners ever a multi USA Masters Cross Country Runner of the Year and a sought after coach Over a glowing albeit hard won career he has heard every excuse people use to stop running or never start from achy knees and sore ankles to advanced age and arthritis to too many cigarettes or years on the couch In every case Magill's best advice is to do what he did Run anyway at a pace and mileage that work Through inspiration science and anecdote Magill gets runners out the door through

personal action plans he sets them on the right path and through the best exercises to protect and rehabilitate the body he keeps them going showing a way forward for new and sidelined runners who haven't before realized how close they are to fun and pain free running Whether you're just starting out as a runner or starting afresh you can do no better than heed the guidance of running's ultimate comeback kid Pete Magill as presented in The Born Again Runner Matt Fitzgerald award winning co author of Pain Performance Myths are busted and excuses are denied It will be pretty difficult to deny Magill so just get out there start and stay with your running regime Portland Book Review **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, Identity and Meaning** Neil Baxter, Helen Jefferson Lenskyj, 2021-06-30 Running Identity and Meaning showcases how gender class age and ethnicity influence whether and how different groups participate in the sport and explores its role in the reproduction of social structure and the search for distinction

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