

FORT WORTH MARATHON



BEGINNER (At least 1 years of running experience)

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Week 1	off	30	40	30	off	30	75	205
Week 2	off	30	40	30	off	30	75	205
Week 3	off	30	40	30	off	30	75	205
Week 4	off	30	40	30	off	30	75	205
Week 5	off	30	40	30	off	30	90	220
Week 6	off	30	40	30	off	30	90	220
Week 7	off	30	40	30	off	30	90	220
Week 8	off	30	40	30	off	30	105	235
Week 9	off	30	40	30	off	30	105	235
Week 10	off	30	40	30	off	30	105	235
Week 11	off	30	40	30	40	30	120	290
Week 12	off	30	40	30	40	30	120	290
Week 13	off	30	40	30	40	30	120	290
Week 14	off	30	40	30	40	30	75	245
Week 15	off	30	40	30	40	30	180	350
Week 16	off	30	40	30	40	30	120	290
Week 17	off	30	40	30	40	30	105	275
Week 18	off	30	40	30	40	30	90	260
Week 19	off	30	40	30	off	30	60	190
Week 20	off	30	30	30	off	20	RACE	110

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Schedule

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Running Efforts

Easy running effort 55-65 % of max HR

Tempo pace - effort should be 85-88% (should feel comfortably hard)

Speed Interval session - 1 mile time trail effort
(unable to sustain the pace for more than 4 min)

Hill repeats - should be treated as speed intervals

Strides - 4-6x15-30 sec pick ups followed by easy jog to full recovery
(can be done at any time during easy sessions)

Marathon Simulation run

Examples

Continuous easy jogging, (should be able to carry on conversation without being out of breath)

4-6x5min; w/1 min cruise; efforts between 20-30 min continuous

of 200s and/or 400s; always allow full recovery between reps; i.e. 4-6x(200+

60-120 sec hills (start with 6 build up to 10)

Can be performed at any time during the run

Time spent on your legs is more important than pace (try complete the run as 18-19 min of jogging followed by 1-2 min of walking throughout the entire session)

All levels of runners should implement 8-12 weeks of strength training in the beginning of the program, after which a once a week, or once every 10 days maintenance session should be maintained up to last three to four weeks prior to the key race. The weights training should be done 2-3 times a week allowing at least one day of rest between weight sessions

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The Fort Worth Marathon would like to thank

coachmarcin.com

for creating this training guide. Contact Coach Marcin to take your running, biking, or Swimming to the next level!