



Garmin Full Marathon

Level I Schedule

Goal: To finish the marathon

Recommended Background: Average weekly base of 15-30 miles in the last 3 weeks
At least one 7 to 14 mile workout

Phase	Dates	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Mileage
Endurance	-----	O	C+R	SL	C/R/O	R	C/O	L	-----
	January 15-21		3-4	4-6	2-3	3-5		8-12	15-30
	January 22-28		3-4	4-6	2-3	3-5		10-16	17-34
	Jan. 29-Feb. 4		3-4	4-6	2-3	3-5		8-12	15-30
Recovery	February 5-11		2-3	3-4	C/O	2-3R		12-18	17-28
Strength	-----	O	C+R	SL+F	C/R/O	H	C/O	L	-----
	February 12-18		3-5	5-7	3-4	4-6		8-14	17-36
	February 19-25		3-5	5-7	3-4	4-6		14-20	23-42
Recovery	Feb. 26-Mar. 4		2-3	3-5R	C/O	3-4R		8-12	14-24
	March 5-11		4-6	6-8	3-5	5-7		16-22	27-48
	March 12-18		4-6	6-8	3-5	5-7		10-12	21-38
Recovery	March 19-25		2-4	4-6R	C/O	3-5R		12-14	19-29
	Mar. 26-Apr 1		4-6	6-8	3-5	5-7		16-20	27-46
Taper	-----	O	C/R/O	R	C/O	R	O	SL	-----
	April 2-8		3-5	5-7		4-6H		12-14	21-32
	April 9-15		3-4	4-6		3-5		8-10	15-25
	April 16-22		2-3	3-5		2-3		Garmin	5-11

Please note:

- Can run 3, 4, or 5 days a week and do the low to high end of the mileage ranges depending on how you feel that day. Pick up where you've left off.
- It's recommended to do a couple of tune up races before the marathon to gain valuable race experience.
- Recovery weeks are built in to make sure you stay healthy and fresh enough for marathon day.

Quick Reference Guide

Training Phases

- Endurance Phase: main goal is to slowly build up endurance. Avoid speed work / very little hills.
- Strength Phase: to add strength by doing one hilly course a week.
- Taper Phase: to allow your body to recover and rejuvenate for the target race.

Key Terms

- O = Off Day/Complete Rest/** No cross training. Active recovery such as self massage recommended.
- C = Cross training.** Strength training that works the hips/glutes/core is strongly recommended 1-3 times a week to lower the risk of injury. You can also do aerobic activities such as swimming or spinning for 20-40 minutes.
- R = Recovery Workout.** Very relaxed effort over flat terrain (track / trail or walk hills on favorite route) for short duration followed by extensive stretching routine to loosen up tight spots. Have fun!
- SL = Semi-long Workout.** After 2 mile warm up (very relaxed effort), settle into conversation effort.
- L = Long Workout.** After 2 mile warm up (very relaxed effort), settle into conversation effort.
- H = Hill Workout.** After 1-2 mile warm up, do a hillier than average route at conversation effort.
- F = Fartlek.** After you've warmed up, perform pickups during the workout where you run at 5K-10K race effort (i.e. moderately hard) for 1 minute followed by a 2 minute recovery jog. Start with 3-6 and add 1-2 every week.
- + = And Optional.** C+R means to cross train with the option of also doing a recovery workout.
- / = Or.** C/O means to either cross train or take the day off.