

Garmin Marathon

Level II Schedule

Goal: To finish the marathon within a certain time.

Recommended Background: Average weekly base of 20-40 miles in the last 3 weeks

At least one 10 to 14 mile run

Phase	Dates	Sun	Mon	Tuesday	Wed	Thursday	Fri	Saturday	Mileage
Strength	-----	C/O	C+R	F+ST	C+R	HR+ST	C/O	L/G	-----
	January 14-20		3-6	5-8F (4-8)	3-5	5-8HR (4-8)		8-12	18-39
	January 21-27		3-6	5-8F (5-10)	3-5	5-8HR (5-10)		12-16G(8-2-2/6)	22-43
	January 28-Feb. 3		3-6	5-8F (6-12)	3-5	5-8HR (6-12)		10-12G(4/6-4-2)	20-39
Recovery	February 4-10		2-3	3-5R+ST	C/O	3-5R+ST		14-18	20-31
	February 11-17		3-7	6-9F (7-14)	3-6	6-9HR (7-14)		12-14G(5-6-1/3)	24-45
Speed	-----	C/O	C+R	S+ST	C+R	T/HR+ST	C/O	L/G	-----
	February 18-24		3-7	6-9S 3-6X800	3-6	6-9T 2-3X1 Mile		16-20G(7-8-1/5)	28-51
Recovery	Feb. 25-March 3		2-3	3-6R+F (4-8)	C/O	3-6R+HR (4-8)		10-14	14-27
	March 4-10		4-8	7-10S 4-7X800	3-7	7-10T 2-3X1.5 Mile		14-16G(3/5-10-1)	28-51
	March 11-17		4-8	7-10S 5-8X800	3-7	7-10T 2X2 Mile		18-22G(12-5-1/5)	32-57
Recovery	March 18-24		3-5	4-7R+F (4-8)	C/O	4-7R+HR (4-8)		10-14	16-31
	March 25-31		4-6	7-9S 6-9X800	3-6	7-9HR (8-16)		18-20G(5/7-12-1)	32-50
	April 1-7		3-5	6-7S 4-6X800	3-5	6-7T 2-3X1 Mile		12-14G(2/4-8-2)	24-38
Peak	-----	O	R/O	F/G+ST	R/O	G/H/R+ST	O	SL/G	-----
	April 8-14		3-4	5-6F (5-10)	3-4	5-6HR (4-8)		8-10G(3/5-4-1)	19-29
	April 15-21		2-3	4-5G 2-4X800	2-3	3-4G 2-4X400		Garmin ½	7-14

-Can run 3 to 5 days a week and do the low to high mileage ranges. Tuesdays/Thursdays/Saturdays are the most important workouts to do. Pick up where you've left off and you'll do fine.

-It's recommended to do a couple of tune up races to gain race experience and get the best overall speed workout.

-Base your tempo and speed workout pace on your 5K race pace or do a 2 mile time trial to determine this.

-Recovery weeks are built in to make sure you stay healthy and fresh enough for race day.

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 of 2-3 minutes per mile slower than half marathon goal pace over mostly flat terrain for short duration followed by extensive stretching routine to loosen up tight spots. Have fun!

SL = Semi-long Workout. After a 2 mile warm up, run 45-90 seconds per mile slower than half marathon goal pace.

L = Long Workout. After a 2 mile warm up, run 1-2 minutes per mile slower than half marathon goal pace.

G = Goal Pace Workout. 12-16G (8-2-2/6) means to run 8 miles at a moderate effort, 2 miles at marathon goal pace, 2-6 miles at a moderate effort starting with a recovery mile.

T = Tempo Workout. 6-9T: 2-3X1 Mile means to perform a track workout of two to three 1 mile repeats at 10K race pace, or about 20-25 seconds per mile slower than 5K pace. With a 15-20 minute warm up and 5-10 minute cool down, total mileage is 6-9 miles.

S = Speed Workout. 6-9S: 3-6X800 means to perform a track workout of three to six 800 meter repeats at 5K race pace or up to 15 seconds per mile faster with a recovery lap after each repeat. With a 15-20 minute warm up and 5-10 minute cool down, total mileage is 6-9 miles.

ST = Striders. Go very fast (like the kick at the end of a race) for 15-20 seconds and jog for 30-40 seconds for 4-6 reps. Do this after your warm up and before the speed workout.

F = Fartlek. 5-8F (4-8) means to warm up 15 minutes, perform 4-8 pickups where you run at sub 5K race effort for 1 minute followed by a 2 minute recovery jog after each and cool down for a total of 5-8 miles.

HR = Hill Repeats. 5-8HR (4-8) means warm up a few miles and then perform 4-8 minutes of pickups on a hill where you run at 5K-10K effort for 30-60 seconds followed by a recovery jog/walk back down. ½ mile cool down.

+ = And Optional. C+R means to cross train with the option of adding a recovery run

/ = Or. C/O means to either cross train or take the day off