

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 12 to 16 mile run

| Phase | Dates | Sun | Mon | Tuesday | Wed | Thursday | Fri | Saturday | Mileage |
|-----------------|------------------|-----|-----|---------------|-----|-----------------|-----|-------------------|---------|
| Strength | ----- | C/O | C+R | F | C+R | HR | C/O | L/G | ----- |
| | February 2-8 | | 3-6 | 5-8F (5-10) | 3-6 | 5-8HR (5-10) | | 14-18G(8/12-2-4) | 24-46 |
| | February 9-15 | | 3-6 | 5-8F (6-12) | 3-6 | 5-8HR (6-12) | | 16-20G(8/12-4-4) | 26-48 |
| | February 16-22 | | 3-7 | 6-9F (7-14) | 3-7 | 6-9HR (7-14) | | 12-14G(3/5-6-3) | 24-46 |
| Recovery | February 23-29 | | 2-5 | 4-7R | 2-4 | 4-7R+HR (4-8) | | 18-20L | 26-43 |
| Speed | ----- | C/O | C+R | S | C+R | T/HR | C/O | L/G | ----- |
| | March 1-7 | | 3-7 | 6-9S 4-6X800 | 3-7 | 6-9T 2-3X1 Mile | | 12-16G(2/6-8-2) | 24-48 |
| | March 8-4 | | 4-8 | 7-10S 5-7X800 | 3-8 | 7-10T 2X2 Mile | | 20-22G(8/10-10-2) | 34-58 |
| Recovery | March 15-21 | | 3-6 | 5-8R+F (4-8) | 2-6 | 5-8R+HR (4-8) | | 12-16L | 22-44 |
| | March 22-28 | | 4-8 | 7-10S 6-8X800 | 3-8 | 7-10T (3/5-3-1) | | 18-20G(4/6-12-2) | 32-56 |
| | March 29-April 4 | | 3-6 | 6-8S 4-6X800 | 3-6 | 6-8T 2X1.5 Mile | | 13-15G(4/6-8-1) | 25-43 |
| Peak | ----- | O | R/O | HR/S | R/O | T/G | O | SL/G | ----- |
| | April 5-11 | | 3-5 | 5-7HR (5-10) | 3-4 | 5-6T 2X1 Mile | | 8-10G(3/5-4-1) | 18-32 |
| | April 12-18 | | 2-4 | 4-6S 2-4X800 | 2-3 | 3-4G 2-4X400 | | Garmin | 7-17 |

-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. 14-18G (8/12-2-4) means to warm up and run 8-12 miles at a relaxed to moderate effort, 2 miles at marathon goal pace, 4 miles at a relaxed to 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: 4-6X800 means to perform a track workout of four 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.

F = Fartlek. 5-8F (5-10) means to warm up 15 minutes, perform 5-10 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 (5-10) means warm up a few miles and then perform 5-10 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